

The Planet Goa Food Guide features insights from some of Goa's well known journalists, bloggers, and restaurants who share their stories with the readers.

This book is designed for the food explorer and food connoisseur in you, as your search for quality food experience begins and ends here.

www.planetgoafoodguide.com

₹ 300

PLANET GOA FOOD GUIDE Goa's Premium Eateries

PLANET GOA FOODGUIDE

Goa's Premium Eateries

Redefining luxury at the heart of Goa, Grand Hyatt Goa overlooks the visually stunning waters of the Bambolim Bay. This hotel in Goa spreads across 28 acres of colourful, tropical gardens and lush lawns that roll down to the water's edge of Bambolim Bay.

Unwind and relax in splendidly appointed rooms and suites blending spectacular views of the waterfront and grandeur of the 17th century Indo-Portuguese palace. At the Grand Hyatt Goa, you will experience the warmth and hospitality of traditional Goa while you enjoy the fashionable nightlife lounges and savour fine delicacies at the renowned restaurants.

The expert chefs work with carefully selected ingredients, authentic recipes and great attention to taste and visual presentations to ensure grand culinary experiences.

GRAND | HYATTTM
GOA

THE ASIAN WOK

As the sun sets on the waters of Bambolim Bay, the Asian Wok springs to life featuring a glorious fare of signature Asian recipes. Satisfy your cravings for authentic Asian flavours as you dig into favourites like Sushi, Dimsums, Thai Curries, Chinese Woks and more.

Located just steps away from the Bambolim Bay, The Asian Wok at Grand Hyatt Goa is designed to be the perfect place for a contemporary and comfortable Asian dinner that you can enjoy under the starlit sky.

RECOMMENDED

Tuna Tataki, Sichuan pork & black bean pot sticker, Crystal - Lobster hargow



THE VERANDAH

Set in one of Goa's most stunning locations, The Verandah is recognised as the window of the resort overlooking the vast lawns of Grand Hyatt Goa, the picturesque Bambolim Bay and a 17th century chapel. Simple and hearty, the food is crafted with passion, love and great attention to detail.

The aromatic smell of freshly prepared Italian food, combined with warm service and amazing views, the Verandah promises to offer guests a quintessential Italian dining experience. The menu presents a large selection of authentic recipes native to Italy featuring a variety of antipasti, zuppe, pizza, risotto, gnocchi, pasta and freshly baked bread. The highlight of the restaurant is the open kitchen offering guests a view of freshly rolled pasta and an opportunity to interact with the chefs. From sincere staff to expert chefs with a passion for Italian cuisine, The Verandah definitely sets the new benchmark for Italian dining in Goa.

RECOMMENDED

Lamb Scottadita, Cavatelli Marinara, Pizza Verandah, Orecchiette Al Ragu, Zuppa Di Pesce and the homemade potted Tiramisu

THE DINING ROOM

For a true taste of all that's best in world cuisine, there's no finer restaurant in Goa than The Dining Room at Grand Hyatt Goa. This all-day-dining restaurant features five live kitchens, that embrace the idea of eating out of the pan, off the grill and out of the wok. Guests can enjoy a myriad of choices that include a taste of Asian, Indian, Italian and Middle Eastern cuisine, all prepared à la minute.

In addition to the wonderful daily breakfast, lunch and dinner selections, The Dining Room offers a popular #WickedLiquidBrunch every Sunday, with more than 20 food and beverage bars, 50% off spa treatments and salon services, live music, elaborate children's activities and so much more than you can imagine.

RECOMMENDED

The Wicked Liquid Sunday Brunch, Healthy Breakfast



CHULHA

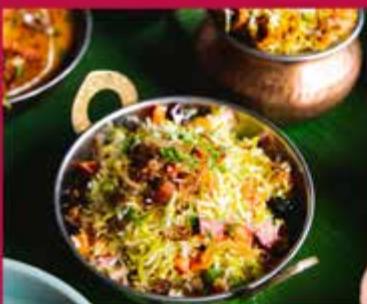
Chulha offers guests the chance to dine unparalleled Indian cuisine amid warm, colonial architecture, all accented by authentic rural touches. The food is simple, with a selection of tandoor-grilled meats, seafood and vegetables prepared live to perfection, and served in clay pots and copper pans, evoking the ambience of a rural setting. The menu features authentic Indian and signature dishes from all its states.

Keeping the food simple, the menu features a mix of tandoor cooked meats, seafood and of course an incredible variety of vegetarian dishes. Chulha also features signature Goan favourites providing an unforgettable gastronomic experience. The elaborate menu consists of chaats, tandoor, Goan classics and of course desserts. The Goan signature menu also includes prawn curry rice, chicken cafreal, lobster balchao, pomfret rechado and pork vindaloo as well as equally delicious vegetarian options like the Bhindi and mushroom and green pea xacutti.

For those looking for an exclusive dining experience, Chulha's Palatial Dinner table presents an exquisite hand crafted menu that brings to life the food of the royals. The experience brings forth a rich culinary legacy - a deliciously complex blend of flavours, spices, and aromas the expert chefs have attempted to replay the script of the Mughals and unveil a tale that is sure to tease your taste buds.

RECOMMENDED

Palak patte ki chaat, Murgh malai kabab, Murgh Mangalram and Hot jalebis



GRAND | HYATT
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PLANET GOA FOODGUIDE

Goa's Premium Eateries



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About Planet Media

Established in 2010, Planet Media is a media and publishing company focusing on promoting Goa as a dynamic and vibrant holiday destination. The company was founded with a vision to offer mediums that carry enriched information about Goa to the holidayers. The very ethos of the company is to explore and recommend places that are alluring, exquisite and unheard off.

Planet Media started its operations with a monthly magazine titled Planet Goa. Headed by a visionary media man – Gautam Mukerjea – the company took flight with vigour and speed. Consecutively, the company added three new products to its folio befitting the various needs of the holidayers – The Planet Goa Food Guide, Goa Life and Planet Goa Homes and Lifestyle. We are pertinent on being the leader in our area of expertise and also be consistent towards positioning ourselves as the preferred destination services company.

About Planet-Goa

The magazine shares stories about the soul of Goa through print and website. It shares anecdotes that showcases the culture, music, food, fashion and lifestyle of Goa. As the number one holiday destination on every traveller's bucket list, the sunshine state is known for its beaches, churches, temples and much more. Planet-Goa opens up a window to a Goa which everyone knows of along with some hidden treasures and heritage that no one knows except for the locals. It acts as a comprehensive guide for vacationers about where to go, what to see, where to party – dine – shop – and stay, and much more.

Acknowledgements

Whilst we deeply appreciate all the support that has come our way to get this edition of the Annual Planet Goa Food Guide 2019-20 up and about, and thank all the various active participants and contributors who have made it possible for it to happen, the book cannot have been possible without the whole-hearted support of some key people to whom a special word of thanks goes out, and mention must be made of Shantanu Sheorey and Amit Sheokhand of The One School Goa, Aritra Mukherjee, Abhijit Poddar, Ghungroo Srivastava of Pippip Media, Amit Chopra and Kavita Baghban of Escala Realty and importantly, all the members and staff of The International Centre, Goa. We thank you all for your support immensely.

Foreword

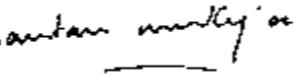
It's back again! We proudly present the 6th Annual Planet Goa Food Guide for 2019-20. That's not all...while the Planet Goa Food Guide arrives in the form of that gorgeous and appetising book that it always was, this time around, accompanying it is its very own website www.planetgoafoodguide.com. It is further backed and supported by its own Facebook Page and Group, Twitter handle, and Instagram Page. The entire product is packaged into what is now clearly Goa's largest Digital Media platform.

All this aren't just a brag and about telling you how good we've become. All of this has been done to make the country's, perhaps one of the world's, premier culinary destinations guide that is more of an effective engagement tool connecting customers to the best restaurants. Of course as the days go on and the engagement starts becoming more and more effective, we will continue to strive forward with more and more ways and means to be that much more innovative by handling promotions, festivals, recognition platforms, etc. So just watch out for what's coming up next and you could be up for many more surprises!

With Goa's culinary expertise, skills and varieties growing the way they are, one thing you can be sure of - the Annual Planet Goa Food Guide is going to be a platform for providing adequate choice to readers and for the restaurant to grow wider and deeper.

Do enjoy using the Planet Goa Food Guide and do join us on our various Digital Media too!

Cheers



Gautam Mukerjea

Founder & Publisher

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contents

contents

PLANET GOA
FOODGUIDE

Goa's Premium Eateries

NORTH GOA

Arti's Yakhni Pulao

There isn't a soul that has tasted the Yakhni Pulao in all its glory, has ever then settled for the humble biryani. In our search for the perfect home cooked Yakhni Pulao, we came across the secret kitchen of Arti Mukerjea where she's been whipping up this delicacy for foodies along with other mouth watering goodies. Her home cooked Yakhni Pulao is known to turn foodies into poets and at most of her dinner parties you'll find guests lifting the lids and sniffing around for her famous Yakhni. Served with the traditional raita and lachha, this is the perfect meal to serve on special occasions bringing together loved ones.

The Food

The Yakhni Pulao, an elite cousin of the regular biryani, is unfamiliar to many mainly because it is rarely seen on restaurant menus. It is a dish made with fragrant basmati slow cooked in mildly spiced mutton stock, and has been a kitchen secret for many generations. Arti's Yakhni Pulao is a complete meal, a feast that is best enjoyed with minimum distraction. Accompanying the delicious pulao, are the melt-in-your-mouth Shammi Kebabs, done to perfection, making for an indulgent affair. Arti's menu now also includes Bengali specialties like Chingri Malai curry, Kosha Mangsho and Mustard Fish. For the vegetarians, even Paneer Pulao is available on order.

The People

The recipe for this glorious pulao has always been a closely guarded family secret, revealed only to a select few by their grandmothers. And Arti is amongst the few, who carry this legacy forward. From making sure the best quality mutton is used, to standing and doling out each order, she believes in doing it all herself to achieve the perfect result each time. Luckily for us Arti's Yakhni Pulao and other goodies are available on order. All you need to do is let her know 24 hrs in advance so she can put together the freshest mutton chunks into the glorious pulao and have it ready just for you to pick up and enjoy.



Reservation

Tel:+91 9766229955

Restaurant Details

- ❖ Arti's dishes are available on order throughout the year
- ❖ Self pick up from Dona Paula
- ❖ Minimum 24 hour notice required

Recommended For

- ❖ Special occasion indulgence
- ❖ Variations on the limited menu on request
- ❖ An authentic taste of Kayastha and Bengali Cuisine

Location

Sea Wind Apartments, Lane 11, Machado's Cove, Dona Paula, Goa

Takeaway

Takeaway



Apart from luscious Yakhni Pulao Arti also takes orders for Shammi Kebabs, Chingri Malai curry, Kosha Mangsho, Mustard Fish and Paneer Pulao

Harbour Grill

Harbour Grill at Bay 15, with its gorgeous beach front location, spans to 600 feet, well-coordinated by 16 high-end Swiss inspired wooden chalets giving you a spectacular views of sun sparkling on the ocean waters. You can experience the moonlit enchanting nights in the Odxel Valley, with opportunity to dine under the stars on an exclusive menu of Goan, Pan Indian and Mediterranean Cuisines.

The Food

Harbour Grill offers a mix of delicacies from the Goan, Indian and Mediterranean cuisines. Stuffed Crabs, Prawn Recheado, Prawn Rissois, Butter Chicken, Fish Ambotik are some of the dishes made from fresh catch of the day and are an absolute delight that are bursting with flavours.

The vegetarians should not be disappointed! Harbour Grill has a delectable spread of vegetarian dishes like the Broccoli Tempura, Ratatouille Lasagna, Vegetable Xacuti and many more. Desserts include some delightful choices like the Rasmalai, Tender Coconut Panacotta, Nutella Chocolate Cheese Cake, Tiramisu, and Saradurra.

The People

The Chefs at Harbour Grill prepare a spread from the Grill bursting with unique flavours of Goa made with love. The dishes will tantalize your taste buds cooked with the perfect blend of masalas and the freshest catch of the day.

Restaurant Details

- ❖ Open-air dining area, by the sea
- ❖ Goan Shack vibes
- ❖ Well-manicured lawns that run to the edge of facing the ocean
- ❖ Space to host a 1000 people for an exclusive event or family celebration, wedding
- ❖ Event catering options
- ❖ Air conditioned indoor lounge for late night parties

Recommended For

- ❖ Goan, Indian, Continental, Italian, Oriental
- ❖ Fine Dining, Casual Dining
- ❖ Live Music (All days)
- ❖ Private Parties



Location

Odxel Beach, Dona Paula, Panaji, Goa, India 4032016

Reservation

Call - 0832-2456231, 91 7447718877, 91 7447499070,
91 7447499069
Email: info@bay15.in



Black Market is the perfect place to relish in the good vibes with a good meal. With ambient lighting, mellow music and a well-designed bar, Black Market is the perfect spot for a great time. This spacious and beautiful restaurant offers food and drinks which are beyond extraordinary.

The Food

The menu is supremely divine and well curated. Every dish looks like a piece of art laid out tastefully. The cuisines on the menu that one should dive straight into are the Confit Duck Fry, Spiced Chicken Bao, Parmesan Churros, Fish Nilgiri, Bean Steak, and the special – Black Market Chicken. The Bar will serve you cocktails that will definitely bring a smile to your face like the – Great Karathe (Whiskey + Karela), Dona Paula (Vodka + Pineapple), Yellow Submarine (Turmeric + Gin), Smoked Whiskey Sour, Feni + Ginger, Cold Brew G&T, and many more.

The People

The owners of the popular contemporary 'global cuisine inspired by local influences' restaurant in Panjim, the Black Sheep Bistro, are also behind Black Market. The team at Black Market has consciously chosen sustainable farming and local produce. They select organic harvests and procure from trusted Goan farmers, butchers and fisher folk. Their enthusiasm and passion for food and hospitality reflects the way the innovative menu is designed and of course the originality of the restaurant overall.

Restaurant Details

- ❖ Black Market is open for lunch and dinner all through the week.
- ❖ The menu is updated frequently based on seasonal ingredients and freshness of produce, so the specials also change regularly.
- ❖ Average meal for two: INR 1500-1800, not including alcohol
- ❖ Restaurant Timings: Lunch 12:00 PM - 4 PM,
Dinner 7:00 PM - 11:00 PM

Recommended For

- ❖ A relaxed after-work drinks place where you can catch up with friends
- ❖ Fusion food and inspired cocktails
- ❖ Fun everyday neighbourhood eatery experience

Location

Braganza Bungalow, C13/390, Opp. Indoor Stadium, Campal, Panaji, Goa 403001, India



Reservation

Phone: 0832 2465901
Email: blackmarketgoa@gmail.com
Website: <http://www.blackmarketgoa.com/>



The Black Sheep Bistro in Panjim is one of the top restaurants in the country, having won honours including being featured in Conde Nast Traveler's Top 50 Best Restaurants and among the Top 10 in the Travellers Choice awards. Hip, chic, and totally Instagram-able, the restaurant offers an escape from the mad and the mundane with its minimalistic interiors, soft music and elegant set up. Serving comfort food in contemporary avatars this is the perfect place to stop for a date night or fun together meal time with friends or family.

The Food

The Black Sheep Bistro's credo, 'Inspired Globally, Created Locally', deserves special mention because this is possibly the only standalone restaurant in town that derives its uniqueness from the fact that it can effortlessly reinvent old classics with its own brand of tongue-in-cheek quirkiness. Inspired Chorizo Pav is one such creation where the very local and humble Goan Chorizo (sausage) is served with caramelized onions, with local bread maker's Poi, and dark chocolate shavings. The infamous Blackened Creole Chicken is a symphony of homemade creole spice rub on succulent chicken breasts served with mash and veggies. The local flavour of the sea shines in the Red Kismoor Fish Fillet, and vegetarian options include North African-ish stew with couscous and Malwani Mushroom Stroganoff. Chakri Churros with dark chocolate dunking sauce is a crowd pleaser in the desserts section as are the inspired cocktails and their enviable line up of wines, whiskeys and other choice beverages.

The People

The Black Sheep Bistro is one of Panjim's most loved restaurants, a great place to loosen your tie, catch up with friends and enjoy a hearty meal. The dishes here are very often inspired by the owners travels, experiences and gastronomic adventures from around the world. A regular haunt of millennials and Gen Xers alike, The BSB is the new age social 'adda' of our times. While the owners like to think of it as an everyday community eatery, we like to believe that it is a little more than that. Chic, trendy, and a delicious hangout, BSB ticks all the boxes for a fine dining experience without any pretentious frills.

Restaurant Details

- ❖ The Black Sheep Bistro is open for lunch and dinner all through the week.
- ❖ The menu is updated frequently based on seasonal ingredients and freshness of produce, so the specials also change regularly.
- ❖ Average meal for two: INR 1500-1800, not including alcohol
- ❖ Restaurant Timings: Lunch 12:00 PM - 4 PM, Dinner 7:00 PM - 11:00 PM



Recommended For

- ❖ A relaxed after-work drinks place where you can catch up with friends
- ❖ Fusion food and inspired cocktails
- ❖ Fun everyday neighbourhood eatery experience

Location

Near ICICI Bank, Swami Vivekanand Road, Panjim, Goa 403001, India

Reservation

Phone: +91 0 832 2222901, +9146190901

Website: www.blacksheepbistro.in

Email: feedback@blacksheepbistro.in



Calamari bathe & binge

Located by the pristine waters of Candolim beach, Calamari has for long been a hotspot for all the metropolis population coming down to Goa just as much as it has been a delight for the local domicile. And why wouldn't it be? It is by far the best beach shack in the belt with live entertainment, chic ambiance, refreshing cocktails, and freshest seafood while the romantic beach-side setting just adds up to the charm. If you are planning to bounce to this shack anytime soon, be sure to put your swag on since you are most likely to spot some glamorous Bollywood celebrities and famous Indian cricketers who are regulars at Calamari. But first things first; the food at Calamari is outlandishly phenomenal and that's where it gets its popularity from.



The Food

Open from 11am to 11.30pm, Calamari strives to serve you all meals on their menu (except breakfast) at all times of the day. Unlike other shacks, Calamari has a very crisp and to-the-point menu featuring Seafood, Goan, hints of Continental, and Live Barbecue offerings that are bound to delight your gustatory senses. The chefs give special emphasis to the quality of ingredients, meats, and seafood delivering consistent, fresh, and flavourful food every time you eat there. Calamari allows you to choose from an array of fishes and other seafood delights which you can browse through and select before it's cooked, plated, and served on your table.

The People

Calamari was launched in 2003 by Verner and late Reginaldo Dsouza. Currently managed by Verner and his wife Leanne, Calamari has always kept the expectation levels very high for beach bummars looking for quality food and service in the northern beach belt. Being from a hotel management background and having worked at the Taj in Mumbai for three years, Verner has expertise in generating class-apart culinary and hospitality experiences through exceptional service, remarkable food, and thriving live entertainment acts everyday for lunch and dinner.

Restaurant Details

- ❖ Calamari is open from end of October till 1st of June
- ❖ Average meal for two: INR 2000/- with drinks
- ❖ The restaurant also features clean toilets, fresh water showers, and free sunbeds for guests

Recommended For

- ❖ Calamari is a suitable venue for corporate gatherings and private parties
- ❖ Carrying an eccentric beach setting and vast banqueting area, Calamari is also an apt venue for hosting small wedding parties and ceremonies
- ❖ For all those looking for some action, Calamari has access to water sports and other adrenaline-pumping activities not very far from the property
- ❖ Best time to be there is either for breakfast or for sundowners as you watch the sun dunk into the sea

Location

Calamari Bathe & Binge, Next to Santana Beach
Resort, Dando Beach, Off Fort Aguada Road, Candolim, Goa

Reservation

Verner: 9326102242
Leanne: 9371703536
Reservations line - 7350075105



Image Credit: Alila Diwa Spice Studio

CHULHA

The Chulha takes you to an aromatic flavourful journey of the unrivalled land of Indian cuisine nestled amidst a fascinating colonial architecture, accentuated by authentic rural touches. The Chef and his team work with carefully selected ingredients, innovative recipes, and keen attention to taste as well as visual presentations to ensure all your senses are enraptured in a grand culinary experience.

The Food

The elaborate menu consists of Chaats, Tandoor, Handi, Goan Classics and, of course, desserts. A meal at Chulha would be incomplete without the famous Palak Patte ki Chaat, Tomato Singhada Chaat, Murgh Malai Kabab, Paneer Tikka, Murgh Mangalram, and desserts such as fresh hot Jalebis and the mouth-watering soft and creamy Kesari Rasmalai, Malai Kulfi and Rabri. The Goan signature menu also includes Prawn Curry Rice, Chicken Cafreal, Lobster Balchao, Pomfret Rechado and Pork Vindaloo as well as equally delicious vegetarian options like the Bhindi Bardez and Mushroom and Green Peas Xacutti.

Cooked to perfection, the dish is served in clay pots and copper pans, evoking the ambience of an Indian rural setting. The aromas from the kitchen rich with spices, colour and warmth will take to a tour of the Indian palate.

The People

Chef Vicky Chaudhary works as the Chef de Cuisine who brings with him remarkable record of service and international experience of over 16 years in handling multiple clienteles. The Chef and his team put their heart into their cooking. Not only careful attention paid to the food at the restaurants, but they also go by the belief that food should be thoughtfully sourced and carefully served.

Restaurant Details

- ❖ The menu features authentic Indian and signature dishes from all its states
- ❖ Authentic Indian experience in terms of ambience and menu served



Palatial Dining Table at The Chulha

- ❖ Learn to make your own Indian inspired cocktails at the Chulha Bar
- ❖ Private dining area for intimate dinners
- ❖ An intimate dinner experience from the days of the Maharajas at Chulha's Palatial Dining table
- ❖ Interactive kitchens and live stations

Recommended For

- ❖ Chef's recommendation - Chulha's mutton curry, Murgh Mangal, Jalebis
- ❖ Ram, Tundey Miyan Ki Galawat
- ❖ Palatial Dining Experience
- ❖ Cook With The Chefs
- ❖ Indian inspired cocktails

Location

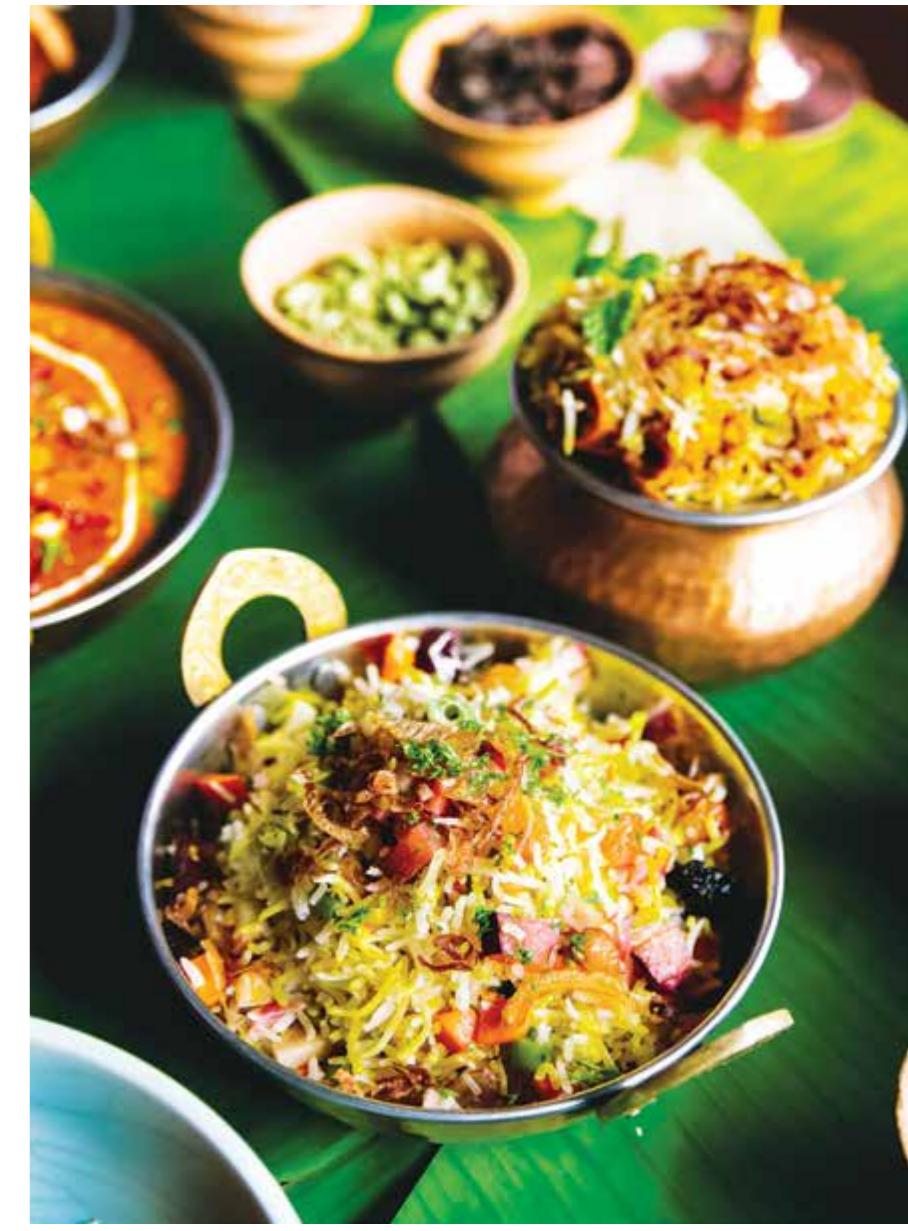
Grand Hyatt Goa,
Aldeia de Goa, Bambolim, Goa 403201, India

Reservation

Connect with our Resort Centre on +91 832 301 1510



Chulha Restaurant - Grand Hyatt





The Food

Copperleaf lives upto the name of being called a multi-cuisine restaurant offering plethora of dishes in each of it five cuisines namely Goan (seafood), Indian, Chinese, Tandoori and Bengali. The restaurant is most famous amongst the seafood lovers for their outstanding Fish Thali (available only in the afternoon). Copperleaf also has a vibrant Bar with a plethora of delicious Mocktails and Cocktails, and also option of brand of foreign and Indian liquors. Besides serving 15 types of beers from around the globe, the restaurant has an exhaustive wine menu.

The People

The stewards at Copperleaf prepare an amazing spread of vegetarian and non-vegetarian dishes for our guests. The kitchen at Copperleaf has the most skilled Chefs who prepare meals with lot of zeal and passion. The use of fresh ingredients with perfect blend of spices and rich culinary instincts, create a unique dining experience every time.

Copperleaf has received many awards that enlists:

- ❖ Restaurant Awards 2019 Winner - Restaurant serving best coastal cuisine
- ❖ CEO Insights 2019 - One of the 50 Best Restaurants of India 2019



- ❖ Gomantak Excellence Award 2019 - Excellence in hotel industry
- ❖ Goa State Best Brand Awards 2018 - Brand Leadership Award
- ❖ Times Food Awards 2017 Goa Winner (Times Group) - Most Popular Restaurant
- ❖ Big Goa Pride Award Winner (92.7 Big FM) - The Best Goan Fish Thali
- ❖ Business Goa Awards for Corporate Excellence 2017 - Best in Indian Cuisine

Restaurant Details

- ❖ Open throughout the year
- ❖ Restaurant Timings: Lunch 11:30 AM to 04:00 PM, Dinner 07:00 PM to 12:00 midnight (Liquor served till 11:00 PM)
- ❖ Average meal for two INR 500/-

Recommended For

- ❖ Murg Peshawari Banjara Kebab
- ❖ Tandoori Chicken
- ❖ Crab Xacuti, Butter Garlic Squid
- ❖ Murgh Jaipuri, Butter Chicken
- ❖ Murg biryani
- ❖ Chicken Noodles
- ❖ Fish Thali (during Lunch)

Location

Chogm Road Alto-Porvorim, Goa

Reservation

Tel. No. 0832 - 2416484, 7558298641
 Email: eat@copperleafgoa.com, copperleafgoa@gmail.com
 Website: www.copperleafgoa.com



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A short distance from the city, Doubletree by Hilton Goa is the perfect haven tucked away from the hustle & bustle. A destination of choice, this property offers picturesque views of the river Mandovi, offering 160 contemporary guest rooms & suites with two unique restaurants, a bar and lobby lounge. Enjoy a plunge in the Infinity pool or relax and rejuvenate at Serena Spa, while the little ones are entertained at the Pik- Pequeno Club.

The Food

At DoubleTree by Hilton Goa – Panaji, you will definitely be spoilt for choice. The hotel has incredible dining options one could choose from. Relish authentic Goan & Mangalorean flavors in a quaint outdoor setting under the stars at Feliz, or indulge in a meal at Comida. Inspired by Portuguese and Goan design, the restaurant features live cooking with Indian & western fare. For a quick bite on the move, snack at the lobby lounge – Rio Salao with hot brewed cuppa of your liking. These distinct outlets offer diners an enchanting experience each time they visit.

The People

DoubleTree by Hilton Goa – Panaji is known for its large hearted hospitality and genuineness towards guests. The creative talent of Chefs anticipate expectations and make sure that the food is cooked with sheer passion. The young and enthusiastic team is always geared to make sure guests enjoy a warm welcome and have a pleasant dining experience.

Restaurant Details

FELIZ:

- ❖ Goan & Mangalorean Coastal restaurant
- ❖ Average meal for two INR 3500
- ❖ Mood Music | Open Air Seating | Seats 40
- ❖ Dinner 7:30 – 11:00 pm

COMIDA:

- ❖ Multi-Cuisine all-day dining restaurant
- ❖ Average meal for two INR 2500
- ❖ Sunday Brunch for two at INR 3500
- ❖ Lunch: 12:30 – 3:00 pm & Dinner: 7:30 – 11:00 pm | Seats 120

RIO SALAO:

- ❖ 24 hour lobby level lounge offering savouries, desserts and sunset cocktails
- ❖ Ideal for coffee with freshly baked goodies
- ❖ Average meal for two INR 1000 | seats 25



Recommended For

- ❖ **Feliz:** Mangalorean & Goan traditional cuisine, must try the Ghee roast, Kundapuri Chicken & Goan Seafood specialties
- ❖ **Comida:** Sunday Brunch offers an extensive buffet spread with Goan, Middle Eastern, Italian and live cooking stations
- ❖ **Rio Salao:** Fresh salads, pastries, coolers, specialty coffees and fine teas

Location

Kadamba Plateau, Panjim Old Goa Bypass Road,
Velha Goa Panaji 403006

Reservation

Tel.: 0832 2491900, +919607975314
Email id: goapanaji_sales@hilton.com
Website: www.goapanaji.doubletreebyhilton.com



A rustic shack-style restaurant - Fisherman's Cove, has been serving the foodies palate since October 1998. For the past 21 years, happy customers have shared sheer joy of having a hearty meal or just spending time over a drink at this little Goan restaurant. The place serves excellent seafood apart from a wide choice of the Goan, Indian and Continental cuisines. Located on the main Candolim Road, this place is buzzing with people and music, and can be easily located. The restaurant, with a thatched roof and a wooden signboard, has an open-air dining area with charming ambience. During the tourist season, Fisherman's Cove comes alive with peppy live music all through the week, making it the place where tourists and locals come together in full force to enjoy a great night out.



The Food

Open all thorough the year, Fisherman's Cove is renowned for its Prawn Masala fry and Lobster Tandoori. Other dishes on the menu include legendary Goan delights such as Pork Sausages, Chicken Cafreal and Beef Xacutti. Alcoholic drinks are also served here at very reasonable rates. With a warm, buzzing ambience, the shack remains a hot favorite for those wanting to soak in the Goa experience.

The People

Lanny and Blaize started this popular shack 21 years ago, and ever since, there has been no looking back. Giving personalized attention to all the details from the quality of ingredients to the warm hospitality offered to each guest, the hard work behind the place is evident from the warm glow of mirth and merriment always surrounding Fisherman's Cove.

Restaurant Details

- ❖ Fisherman's Cove is open throughout the year
- ❖ Average meal for two: INR 900/- onwards
- ❖ Well stocked bar and lovely cocktails

Recommended For

- ❖ A chilled out evening catching up with friends
- ❖ Fresh seafood, cooked to perfection
- ❖ Live music every night all through the year make it a true music lover's delight

Location

Candolim main road, Pinto's waddo Candolim, Bardez, Goa

Reservation

Tel: 0832 2489799 / +91 9822169572 / +91 9822143376



Fisherman's Cove serves the freshest catch from the sea bringing you the best of what Goa's seafood is all about

GROK

GROK is the signature all-day dining restaurant at Hyatt Centric in Candolim. It ensures a unique gastronomic experience for get-togethers and celebrations with friends and family. With a casual laid-back vibe it carries the Goan susegad ambience along with an exceptional food & beverage menu.

The Food

Grok, restaurant and bar, serves local Goan, Indian and world cuisines for food and drink-centric travellers. The breakfast buffet served daily is vast and comforting with freshly prepared hot and cold dishes, live stations and healthy options; watch out for their local Goan section of the buffet as well. The Chef's creations are unmissable be it lunch, dinner or anytime in between.

Every evening the team of Chefs offer a unique dining experience, serving a range of global flavours through a kebaberie, an international bread and salad bar.

The bar is stocked with artisanal spirits, craft beers, twisted mixology, fiery cocktails and global and local wines. Try Grok's original cocktails called Candolim, Mando, Jagor and Tiatr, all made by our in-house mixologists with only local ingredients.

Themed Sunday Brunches have also become synonymous with Grok, popular with locals as well as those visiting Goa.

The People

Chef Vamsi is passionate about all things gastronomic and has a flair for international as well Indian cuisine. He is curious about tastes, flavours and cooking techniques. His speciality in creating an array of multi-cuisines will give you an aromatic and flavoursome spread of fine delicacies. Chef Vamsi and his team showcase a range of delicate flavours in dishes that feature fresh fish from Goan shores, meats and vegetarian delicacies, and visually stunning decadent desserts made fresh daily.

Restaurant Details

Grok has a comfortable indoor seating including three communal tables that enjoy flooding natural light while the alfresco section set amongst greenery has a relaxed ambience and features live music from Thursday's to Saturday's. The restaurant also has a private dining room for up to 30 guests.



Recommended For

- ❖ Enjoy global flavours through a Kebaberie, bread, salad & cocktail bar - from 5pm-11pm
- ❖ Al Fresco dining
- ❖ Business meetings
- ❖ Casual dining
- ❖ Celebrations, Kitty Parties
- ❖ Family Dining, Kids
- ❖ Relaxed Dining Reunions & Hangout

Location

Hyatt Centric Candolim Goa, Anna Waddo, Main Candolim Road, Bardez, Goa - 403 515

Reservation

0832 -7161234 / 09130064069



ibis Styles Goa is perfectly nestled amidst the most happening areas of Goa - 750 steps to Tivai beach, 15 minutes from Calangute, 20 minutes from Candolim and 30 minutes from Baga beach. Comprising of designer pool-view rooms with balcony, ibis Styles Goa Resort promises its guests all year with the quality, comfort and services par excellence. The resort ensures that each guest leaves with a profound and memorable vacation in Goa.



The Food

This resort has a multi-cuisine restaurant – Spice It, and a Bar – Hub. Spice It is an all-day dining restaurant that serves international buffet breakfast, and has a la carte options available for the rest of the day. At the Hub bar, guests can enjoy the bar services any time of the day with a variety of flavoursome snacks, and cocktails. It is in fact the best place to unwind after a hectic day. So with both bar and restaurant located within the hotel, guests are offered the option of savouring delectable cuisine. One can wrap up all day's work and hop into the bar for a joyous relaxed time.

The People

Spice It has a team of Chefs who create magic on plate with their passion for creating memorable dining experiences for guests. The style of cuisine is fresh and simple, with influences of both, traditional and international cuisines. Hub has exemplary creative minded bartenders who create art in a glass, bursting with flavours. Both places ensure that the guests create memorable moments and flavours that remain with them forever.

Restaurant Details

SPICE IT

- ❖ All Day Dining
- ❖ International buffet breakfast, a la carte options
- ❖ Restaurant Timings: Breakfast 07:00 AM – 10:30 AM, Lunch 01:00 PM – 3:30 PM, Dinner 07:30 PM – 10:30 PM (buffet)
- ❖ Average cost for two Breakfast: INR 450+, lunch INR650+, Dinner INR 850+

HUB

- ❖ Bar
- ❖ Options of liquor, delicious cocktails, and tasty snacks
- ❖ Restaurant Timings: 11:00 AM – 11:00 PM
- ❖ Average cost for two INR 600

Recommended For

- ❖ Free live & buffet breakfast from 7:00 AM to 10:30 AM (Post 10:30 selected breakfast till 12 noon)
- ❖ Separate Kids Play and Pool area
- ❖ Go Pro Camera available for a fun experience in the pool
- ❖ Meeting space for up to 190 delegates
- ❖ Gym 24 hrs, Cycles, Cricket area
- ❖ Foot massages in lobby

Location

Survey 166, Naikawaddo, Calangute Bardez, Goa 403516 - India

Reservation

Phone: +91 832 6716000

Email: h8562-re@accor.com

Website: www.ibisstylesgoa.com



Situated on the edge of Miramar beach, Goa Marriott Resort and Spa blends its award-winning hospitality combining with sweeping views of the Arabian Sea and hotel's gardens. The breath-taking view and susegad lifestyle of Goa builds your appetite to experience the epicurean flavours of India and the world. The resort offers its guests an unrivalled experience; a place where you can work, dine and unwind at the same time.



The Food

The luxury resort offers exemplary and distinctive dining experience at its line of restaurants and bars. Apart from the delectable option of cuisines on the menu of the 4 restaurants, each gives you the opportunity to binge on your favourite dish while you absorb the coastal beauty of this sunshine state.

The People

The team at Goa Marriott Resort and Spa are a fine example of the exemplary Goan hospitality and service, making your visit memorable. Passionate about food quality and service, the creative team of chefs make sure that each dish that leaves the kitchen is cooked with perfection and thoroughly enjoyed by the guests.

Restaurant Details

Waterfront Terrace and Bar

- ❖ All day dining restaurant overlooking the bay and infinity pool
- ❖ Serves signature breakfast, local and international buffet and innovative a la carte menu
- ❖ Chef's recommendations: Curries, Burgers, Sandwiches
- ❖ Timings: 24 hours
- ❖ Average meal for two, with/ without alcohol: INR 2500++

Wan Hao

- ❖ Fine Dining specializing in Pan Asian cuisine
- ❖ Chef's recommendations: Ginger Crumb Fried Prawns, Dim sums
- ❖ Timings: 12:30 PM -3:00 PM & 7:00 PM – 11:00 PM
- ❖ Average meal for two, with/ without alcohol: INR 2000++

Simply Grills (Seasonal)

- ❖ Open air casual dining Barbeque and Grill
- ❖ Cuisines: Goan, Fresh seafood and meats
- ❖ Timings: 7:00 PM – 11:00 PM
- ❖ Average meal for two, with/ without alcohol: INR 3000++

AZ.U.R

- ❖ Great room concept/ Lobby Lounge
- ❖ Signature bar offering the choicest selection of cocktails and mocktails
- ❖ Chef's recommendations: Mezze, Mexican, Goan Appetizers
- ❖ Average meal for two, with/ without alcohol: INR 1500++

Goa Baking Company

- ❖ Custom personalized cakes, fresh baked pizza, ice creams, freshly baked breads, homemade cookies, pastries and savouries, gourmet coffee.
- ❖ Chef's recommendation: Stuffed Croissants, Beef Cutlet Pao, Ross Omlette Burger
- ❖ Timings: 9.00 AM – 11:00 AM
- ❖ Average meal for two, with/ without alcohol: INR 600++

Recommended For

- ❖ **Waterfront Terrace and Bar** - Popular for buffet specially for Sunday Brunch, Live Stations, Al - fresco seating
- ❖ **Wan Hao** - Fine Dine Pan - Asian restaurant
- ❖ **Simply Grills** - Romantic dinners overlooking the bay
- ❖ **AZ.U.R** - Inspiring cocktails and mocktails, weekend evenings
- ❖ **Goa Baking Company** - Build-your-own-sandwiches and Grab n Go menu at GBC
- ❖ **Quan Spa and Salon** - Detox and Rejuvenate at the luxurious spa and salon facility

Location

Goa Marriott Resort and Spa, Post Box No. 64, Miramar, Panaji – Goa 403001 India

Reservation

0832-2463333 / +91-8411087868



Moki Bar and Kitchen is a roof top restaurant, perched high above the dense green foliage of the Sangolda valley. A restaurant on the top floor of a hotel offers an amalgamation of modern European and Asian cuisine, creating an experimental kitchen concept. The décor is hip and funky, with cycles positioned around, holding menus to bar signs, which appeals to the biker-boys around. Airy, with an earthy feel – the furniture is tastefully basic.

The Food

Moki has a flattering and exciting menu that includes the Italian pizza flavours on a Malabar paratha or the Goan chorizo gol-gappa. The Moki mezze is a hit amongst the vegetarians. For the meat-lovers, they have Berbera Spiced Buffalo Loin in Coffee Sauce. Try Moki's star cocktail - the Moki-tini. Dessert lovers must try the live Baileys Crème Brûlée. A must-have is the home baked Ricotta Cheese with Strawberry Caviar and the Chocolate Olive Oil Mousse.

The People

Moki is the brainchild of a brilliant Chef Prakyath who beautifully combine diverse cuisines to curate the most interesting and unique flavours on the menu. This experimental Chef will surprise with an unusual dish for sure.

Restaurant Details

- ❖ Multi-cuisines, Casual Dining
- ❖ Outdoor setting for the café
- ❖ Indoors setting for Restaurants
- ❖ Restaurant Timings: 12:30 PM – 11:00 PM
- ❖ Average meal for two cost INR 1000

Recommended For

- ❖ European and Asian cuisines
- ❖ Chef Prakyath conducts kitchen walks for his guests on request and offers session on his version of Ricotta Cheese
- ❖ Dance floor and DJ music
- ❖ Live acts every Saturday

Location

181/1, 4th Floor, Bella Vista – Sangolda, Chogum Road, Bardez, Goa 403511

Reservation

Phone: +91 9844077937





Nothin Batter is a home based cake, cookies & chocolate studio that prides itself in its 'I want more' product quality. A must try for the discerning sweet tooth.

The Food

Simply delicious desserts made with the best ingredients & lots of love. Goan desserts like Serradura, Bebinca, Caramel Custard and Coconut Panacotta, Chocolate, Passion fruit & Kiwi Mousse, Brownie with rich chocolate sauce, Rich Chocolate Cake, Chocolate Truffle Cake, Chocolate Cheesecake, Tiramisu, and Pavlova are only some of the mouth watering delights made to order. Varieties of muffins, cupcakes, breads & cookies to indulge in anytime, day or night, Dark, milk, white chocolates with and without filling, choco-walnut fudge, white choco fudge with pistachios leaves one wanting more.

The People

Nothin Batter was started not very long ago by passionate home baker, Kavitha Bagban, who is constantly experimenting & mastering different techniques & recipes. She only knows out of the box & out of the ordinary. Nothin Batter churns out different sinful delights almost every week. Eggless & healthy varieties of muffins & cookies are also made to order.

Restaurant Details

- ❖ Nothin Batter is not a restaurant or café rather an innovative 'design studio' for anything sweet
- ❖ All products are made to order
- ❖ Products sold are self pick up with an option of home delivery, charged at actuals



PRIME ROSE

1910

The Food

Prime Rose is the product of deep passion for the Irish way of life. The pub has a stimulating vibe which infuses familial values, nostalgia and retro theme into its ambiance, food and design. An eclectic venue, Prime Rose offers wholesome dishes that create good memories coupled with mixology concoctions that decorate their menu. With light-hearted humour, they are instrumental to the overall culinary experience at the pub. You can enjoy decorated cocktails and choice of multi-cuisines. Highlighted by effervescent, the menu includes some classic dishes such as the delightful Lasagne to the downright humble, underrated yet lip-smacking Chicken Wings.

The People

An Irish pub that lights up a small part of Sangolda, is owned by the vibrant and gregarious Saleem Khan. His passion for pub soul food is reflected in every aspect of the restaurant. The team at Prime Rose believes that their comfort food is the best way to create a quality and memorable culinary experience for a family or friends.

Restaurant Details

- ❖ Restro-Pub
- ❖ Live music every Wednesday and Saturday
- ❖ Restaurant Timings: 12:30 PM to 12:30 AM
- ❖ Average meal for two cost INR 900 (without alcohol)

Recommended For

- ❖ Barbeque & Grill, Finger Food
- ❖ Goan, Seafood
- ❖ Continental
- ❖ Sundowners

Location

19, Barros Wado Chogam Road, Sangolda North Goa 403511

Reservation

Phone: +91 7741028959, +91 98735 94929

Email: primerose1910@gmail.com

Facebook: www.facebook.com/PrimeRoseGoa

Instagram: www.instagram.com/primerosegoa



The home of contemporary Asian cuisine, The Red Ginger stands tall right at the Dona Paula circle. After running successfully in Colva, the restaurant opened its gates in North Goa, right on the way to the Dona Paul jetty. With the most awe-inspiring décor, a large Buddha statue welcomes you to the world of Oriental, Asian and Japanese cuisines.



Recommended For

- ❖ Classics from the Oriental and Asian diaspora
- ❖ Sushi, Dim sum, Duck, Tofu, Teppanyaki and cocktails
- ❖ Combo's & Rice Bowl specials

Location

The Red Ginger - Behind Police Station Dona Paula, Panaji, Goa 403004

Reservation

Phone: +91 86696 97105
 Email: rgp@theredginger.red
 Website: www.theredginger.red



The Food

The sushi platters are a unique selection of either vegetarian or fish sushi rolls hand-picked by our Sushi Master-Chef. The must-try starters include Juicy Pork Dumpling (steamed with seasoned pork meat), Sesame Prawns (deep fried sesame dusted prawns with spicy sauce) and the house special Stuffed Crab (Crab meat with oriental herbs cooked in the shell and served with hot garlic sauce). The main course menu has choices of Chinese classics like the Peking Roast Duck, Singapore Chili Crab, which are cooked to perfection by our expert chefs. Some of the favourites and the most popular dishes include Thai Curries served with steamed Jasmine rice and Bangkok Style Pad Thai noodles.

For the vegetarians, the delights are extensive starting from our signature Pan Braised Broccoli and Tofu with Dry Red Chillies served with Sambal Oelek sauce, Eggplant in Hot Garlic sauce and veg dumplings with garlic sauce are must try's. The Bar is decked with sophisticated wines, and our talented bartender serves you with never-heard-of-before cocktails.

The People

The expert Chefs at The Red Ginger play on their skills of brewing the most authentic Malaysian, Thai and Japanese cuisines by using the techniques that extract flavour out of the ingredients and spices. Their know-how of the exotic cuisines reflects in the presentation and creations that creates an instant insatiable appetite.

Restaurant Details

- ❖ Fine Dining
- ❖ Malaysian, Thai, Japanese
- ❖ Catering services for business and private events
- ❖ Restaurant Timings: Lunch 12:00 PM - 11:30 PM
- ❖ Average cost for two INR 1200 (with alcohol)





Soul Curry

Soul Curry is a multi-cuisine fine dining restaurant with service as a priority - serving breakfast, lunch, snacks & dinner. The restaurant has a pleasant amalgamation of cuisines to satiate your taste buds, leaving you craving for more. A breath of fresh air, it offers you a great ambience along with wonderful service.

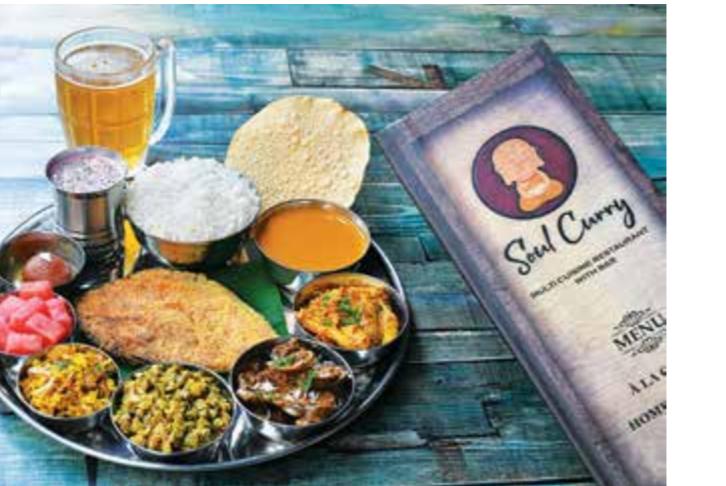
The Food

Apart from its great ambience and beautiful décor, the diversity of cuisines available here. Soul Curry makes it an ideal stop that can cater to all your food cravings. With a well-curated food menu, the chef prepares a delicious meal, filled with flavours that is bang-on in presentation. The Classic Seafood Thali, the Seafood Platter, and the Goan Chicken Cafreal are speciality dishes here. The menu inclusions have some delectable dishes like Pepper Chicken, Rava Fried Chicken, Golden Fried Squids, Kingfish Masala Fry, Roast Chicken, and Tandoori Kebab Platters. The dishes most popular amongst guests are Butter chicken (along with Butter Naan), Murg Banarasi Kabab and the Fish Platter. For those with a sweet tooth, Soul Curry offers their in-house preparations of Serradurra, Caramel Pudding, the juicy Gulab Jamuns, and many more varieties of deserts.

The People

Soul Curry is owned and managed by Pravin Agrawal. Even though he holds a B.Tech. degree to his name, his passion has pulled him into the Food Hospitality World. Before Soul Curry, Pravin made his mark with Bhojan in Porvorim & Daawat in Panjim, which were quite popular among the food lovers.

Pravin believes - In a Restaurant, Serving Food is Business but Serving Good Food is responsibility. Pravin and his team at Soul Curry ensures their customers best quality food and service.



Restaurant Details

- ❖ Multi Cuisine Fine Dining
- ❖ Banquet Hall available for parties and celebrations.
- ❖ Thalis available for Lunch.
- ❖ Serves Breakfast, Lunch, Snacks & Dinner
- ❖ Restaurant Timings: 8:00 AM - 11:30 PM

Recommended For

- ❖ Fresh Seafood, Thalis & Seafood Platter
- ❖ Must try: Chicken Cafreal, Butter Chicken & The Murg Banarasi Kebab
- ❖ Perfect Multi Cuisine - Seafood, Goan, Indian, Chinese, Kebabs.
- ❖ Good food, good service & pleasant ambience to have a great time with family & friends.

Location

NH-66, Hotel Purshottam International,
Near Peddem Sports Complex, Peddem - Mapusa - Goa.

Reservation

Call at 7038021699 / 7038021799

Email: soulcurry66@gmail.com

facebook: www.facebook.com/soulcurrymapusa

Instagram: www.instagram.com/soulcurrygoa



Soul Curry



Romantic, charming and revitalizing – Taj Fort Aguada Resort & Spa, Goa has history woven in its walls. An iconic resort built on the ramparts of an ancient 16th century Portuguese Fort is steeped in Goan-Portuguese history, making it the preferred choice of royalty, heads of government and celebrities from across the globe.

The Food

Taj Fort Aguada Resort & Spa, Goa houses some of the finest restaurants in Goa. Enjoy your choice of cuisine in a picture perfect surrounding. The flavours and aromas, the live cooking experience – it can't get any better! Restaurants – Kokum Kitchen, Morisco and Il Camino showcases a live and interactive kitchen. While the signature Goan Heritage Thali at Morisco is a must try, the magnificent view of the Arabian Sea in the backdrop of SFX is unbeatable.

The People

Taj hotels are known for their impeccable hospitality and Taj Fort Aguada Resort & Spa, Goa lives up to this image. The kitchens are headed by an excellent team of chefs, each one of whom brings to the table an unmatched culinary experience.

Restaurant Details

All restaurants at Taj Fort Aguada Resort & Spa, Goa are open throughout the year.

KOKUM KITCHEN

- ❖ Multi-cuisine | Seats: 120
- ❖ Average Meal for two: INR 3000 with alcohol, INR 2,500 without alcohol
- ❖ Timings: 7:30 am - 11:30 pm

MORISCO

- ❖ Sea Food, Grill Restaurant | Seats: 40
- ❖ Average Meal for two: INR 4,500 with alcohol, INR 3500 without alcohol
- ❖ Timings: Lunch - 12:30 pm – 03:30 pm
- ❖ Dinner - 7:30 pm - 11:00 pm

IL CAMINO

- ❖ Italian Cuisine | Seats: 54
- ❖ Average Meal for two: INR 4000 with alcohol, INR 3000 without alcohol
- ❖ Timings: 7:30 pm - 11:00 pm

SFX

- ❖ Bar and Finger Food | Seats: 36
- ❖ Average Meal for two: with/without alcohol – INR 2,000
- ❖ Timings: 11:00 am – 11:30 pm
- ❖ Live Music

Recommended For

- ❖ **Kokum Kitchen:** Chicken Cafreal and Prawn Karwari
- ❖ **Morisco:** Tempura Fried King Prawns and Goan Morisco Grill
- ❖ **Il Camino:** Pollo Castellena, Ravioli di Cipolle e Porcini
- ❖ **SFX:** Caribbean Mojito and Goan Rumba

Location

Sinquerim, Candolim, Bardez, Goa 403515, India

Reservation

Tel: +91 832 664 5858
E-Mail: fortaguada.goa@tajhotels.com





Elegant Indo-Portuguese architectural heritage is showcased through Romanesque arches, pillared verandahs and sunny saquãos (central courtyards). With the beach on side and cocooned in dense foliage, Taj Holiday Village Resort & Spa, Goa deliver contemporary luxury in the midst of Nature at her most glorious.

The Food

Taj Holiday Village Resort & Spa, Goa keeps up with the ever expanding, ever changing experience of the beach destination. With a mesmerizing view, Caravela offers delectable North Indian cuisine. Beach House, the Goan and seafood speciality restaurant has Chef Rego's special touch everywhere. Banyan Tree offers a Thai food experience like no other.

The People

Taj Holiday Village Resort & Spa, Goa boasts of an expert food and beverage team, which showcases a plethora of flavours for every taste bud. Taj Holiday Village also offers guests a taste of Chef Rego's signature recipes. He is an essential part of the Beach House.

Restaurant Details

All restaurants at Taj Holiday Village Resort & Spa, Goa are open throughout the year.

Caravela

- ❖ Multi-cuisine | Seats: 238
- ❖ Timings: 7:30 AM to 10:30 PM
- ❖ Average Meal for two: with alcohol - INR 2000, without alcohol - INR 1,500

Beach House

- ❖ Goan Cuisine with Chef Rego's Signature Preparations | Seats: 30
- ❖ Timings: Dinner - 7:30 pm - 10:30 pm
- ❖ Average Meal for two: with alcohol - INR 4000, without alcohol - INR 2,600

Banyan tree

- ❖ Thai Cuisine | Seats: 86
- ❖ Timings: Lunch - 12:30 pm - 3:30 pm, Dinner - 7:30 pm - 11:00 pm
- ❖ Average Meal for two: with alcohol - INR 4000, without alcohol - INR 2600

Recommended For

- ❖ **Caravela:** Clam Chowder, Chicken Bunny Chow, Pizza, Pasta and Sandwiches
- ❖ **Beach House:** Galinha Cafreal, Kingfish Peri-Peri, Camarao Tigre com Cilantro, Pork Vindaloo, Crab Xec Xec, Goan Prawn Curry Rice, Bhindi Sol and Mushroom Xacuti
- ❖ **Banyan Tree:** Som Tam, Tom Yum Soup, Chicken Satay, Thai Corn Cake, Green Curry, Exotic Stir Fried Vegetables, Basil Fried Rice, Chicken or Prawn Kha Prow and Tub Tim Grob

Location

Dando, Candolim, Bardez, Goa 403515, India

Reservation

Tel: +91 832 664 5858
E-Mail: holidayvillage.goa@tajhotels.com



VIVANTA

GOA
Panaji

The Food

Latitude, the all-day dining restaurant, offers delicious food amid a space designed in theatre style. At Tamari, Pan Asian cuisine is taken to another level, showcasing signature preparations of Sushi and Dim Sums. Tease, the high-octane zone, brings exotic beverages and offers connoisseurs an authentic taste of Goa with Goan Stories by Tease. Caramel is the place where all the sinful treats are waiting to be relished, right from bakery items to sandwiches and savouries.

The People

Vivanta Goa, Panaji, has an extremely talented team of Master Chefs who have years of experience, having worked at some of the best restaurants in the world. The Food & Beverage team and the team of Chefs work round the clock to showcase mouth-watering preparations at each of the restaurants.

Restaurant Details

All restaurants at Vivanta Goa, Panaji are open throughout the year.

Latitude

- ❖ Multi-cuisine restaurant ideal for all-day dining with live music on Sundays.
- ❖ A la carte menu available 24/7
- ❖ Wellness, Gluten-free, Dairy-free as well as a selection of comfort food is offered here.
- ❖ Average Meal for two, with/without alcohol: INR 1500 | Seats: 98



Located in the heart of the capital city, Vivanta Goa, Panaji, is the perfect place for meetings, business or casual. A stone's throw away from major landmarks in the city, this hotel is home to top notch restaurants and an award-wining lounge bar. Be it all-day dining, signature Pan-Asian dining, authentic flavours of Goa or a delicatessen offering a quick bite, Vivanta Goa, Panaji has it all.

Tamari

- ❖ Signature Pan Asian Dining
- ❖ Showcases a Teppanyaki Counter and two Private Dining Rooms
- ❖ Timings: Lunch – 12:30 pm to 2:45 pm | Dinner – 7 pm to 11:45 pm
- ❖ Average Meal for two, with/without alcohol: INR 2,500 | Seats: 84

Tease | Goan Stories by Tease

- ❖ It's the high energy lounge bar, the perfect spot for laid-back evenings and never-ending conversations.
- ❖ Timings: 12:30 pm to 1 am | Happy Hours: 7 pm to 8 pm
- ❖ Average Meal for two, with/without alcohol: INR 1,500 | Seats: 45

Caramel

- ❖ A Delicatessen Bistro offering wide range of savouries, desserts, salads and ice-creams. Ideal for coffee with freshly baked goodies.
- ❖ Timings: 10 am to 10 pm | Happy Hours: All day
- ❖ Average Meal for two, with/without alcohol: INR 500 | Seats: 45

Recommended For

- ❖ **Latitude:** Grilled Tenderloin Steak with Garlic Mash Potatoes, Sautéed Vegetables and Mushroom Jus and Seekh Kebab Gilafi.
- ❖ **Tamari:** Sushi, Sashimi, Dim Sums
- ❖ **Tease:** Cocktails, Fuse, Teasetinis, Premium Spirits and International Beers
- ❖ **Goan Stories by Tease:** Camarão Tigre Cilantro, Pomfret Recheado, Mushroom Mardol and Rock Lobster a la Goa
- ❖ **Caramel:** Artisan Cakes and Homemade Ice-creams

Location

Vivanta Goa, Off D. B. Bandodkar Road, Panaji, Goa 403001, India

Reservation

Tel: +91 832 6633636
www.vivantahotels.com



Image Credit: Goa Marriot Resort & Spa

Eating from the Thaal is a communal activity and is considered to be a symbol of unity, equality and sharing a way for family or friends to bond over food. A unique concept for a restaurant that propagates the Bohra Cuisines, Thaal imbibes all Arabic and Middle Eastern Influences into one plate.

The Food

The 7-course feast at thaal begins with the tasting of a few salt grains, believed to cure taste buds and keep illnesses at bay. Deviating from the norm the Bohri community often start their meals on a sweet note with the creamy Kalamra, a mélange of curd, rice, almonds and raisins garnished with pomegranate and rose petals. The second course gives you an option between several dishes; the Kokum Ke Alloo or the Chana Batata. The third and fifth course can vary depending on the day you visit Thaal as there is a daily change of menu. To break up the piquancy is the sweet fourth course, the rich Malido; cubes of jaggery, ghee, crushed wheat and dry fruits. You can never have too much and this Bohra meal being a testament to this; the Aamras (mango puree) or Jamun Ice cream make for the sixth course, depending on the availability of these seasonal ingredients or Imli ki Kulfi and Phirni. The menu also features a variety of a la carte options that are just as enticing such as Mutton Nihari is a wonderful marriage of tender meat in a delicately spiced gravy, accompanying with Laccha Paratha. The menu also includes Roghan Josh, Bohra Dum Biryani, Kheema Khichri, Kaari Chawal, Dal Gosht, Mutton Khichra, Masoor Pulao Sarki, and many more intriguing dishes. The piece de resistance is the Raan, a whole roast leg of mutton marinated in mixed of spices and slow cooked for eight hours. The result? A sublimely spiced tender piece of meat that simply melts in your mouth. Given the lengthy cooking time, orders for the Raan need to be placed 24 hours in advance.

The People

Thaal was perceived by Rumana Roowala – an ideator, creator and a fabulous host of the exemplary Bohra restaurant. The woman behind this unique conceptual restaurant, Rumana found an opportunity of introducing Goa to an unfamiliar cuisine, since she grew up eating these delicacies at home. The emphasis remains on following the legacy of the original age-old recipes that bring the distinct flavour out into the dish.

Restaurant Details

❖ Choice of seating - open courtyard with cane furniture and bright mosaic tables or in the lavish Arabian style indoors with option of seating on



ALCOHOL OPEN & LOUNGE CREDIT CARD WI-FI PARKING



tables and chairs; traditional style floor seating on a large plush rug and colourful cushions for the Thaal.

- ❖ The 7-course meal that changes daily.
- ❖ A "no waste" policy.
- ❖ Restaurant Timings: Lunch 12:00 PM - 3:30 PM, Dinner 7:00 PM - 11:00 PM (Closed Monday)
- ❖ Average meal for two cost INR 1200

Recommended For

- ❖ Traditional Bohra Thaal - Minimum 3-4 adults required for a Thaal.
- ❖ Casual dining for a larger group.
- ❖ 7-8 course meal which includes - 3 desserts, 1 Salad, 2 Starters, and Main course
- ❖ For individuals, Thaal in a Thaali also available during lunch hours.

Location

H.No. K - 15, Kegdevelim, Reis Magos, Verem, Bardez, Goa – 403114
(2 Kms ahead of the Reis Magos Fort)

Reservation

Call at 9764067912 / 7722098912





Experience an old world charm in the new contemporary vibrant era - The Awadh House, located in the heart of Panjim city, the restaurant celebrates the exemplary Awadhi recipes. The restaurant is a visual delight spread across three floors. The décor includes ornate chandeliers to priceless art, and an intriguing combination of art deco and Indo-Islamic style of architecture. The regal ambience and the food, together transports you to the glorious times of traditional, noble hospitality.



The Food

The guests are treated as Nawabs from the moment they enter the restaurant. From the melt-in-the-mouth kebabs to the famous Awadhi biryani, they're recreating timeless recipes inside an impressive space. The menu is divine starting with the famous Galouti Kebabs, Nalli Nihari, Awadhi Barrah Chops, Gosht Matka Dum Biryani, Murgh Musalam, Sikandari Raan, and many more. You are spoilt for choices as the menu will urge you to try all. The speciality of The Awadh House though is Dal Awadh, which is cooked overnight over a charcoal fire, resulting in a rich and creamy culinary wonder. To satisfy your sweet tooth, The Awadh House serves an array of delicacies like the Gulab Halwa and Paan Barfi, typical favourites of every North Indian. The restaurant also features a luxurious lounge area and bar 'SHAUK' that speaks of the regal style of fine dining.

The People

Founded on August 22nd, 2019 by the parent company GNQ Hospitality, the Director Gaurabh Quenim endorses the fact that the intention of The Awadh House is to introduce Goa to the Awadhi Cuisine - an insight into the world of the Nawabs. The restaurant gives the guests an opportunity to delve into an astounding experience curated through a world-class exhibit of skilful cooking, thoughtful presentation coupled with gracious hospitality.

Restaurant Details

- ❖ Premium Fine Dining
- ❖ Unmissable Bar - 'Shauk'
- ❖ Private dining areas for conferences, business meetings and networking events
- ❖ Party area for private parties and family celebrations
- ❖ Restaurant Timings: Lunch 12:30 PM - 03:00 PM | Dinner 07:30 PM - 11:00 PM
- ❖ Average cost for two INR 2500 (with alcohol), INR 2000 (without alcohol)

Recommended For

- ❖ Awadhi cuisine & seafood
- ❖ A rare selection of wines from around the globe, paired with a variety of dishes
- ❖ Special cocktails prepared with unique flavours and premium spirits

Location

House No 9/98 Boca de Vaca, Near Talaulikar Hospital, Panjim, Goa 403001, India

Reservation

Phone: +91 9307507688, +91 9849655080
Email: shiva@gnqhospitlity.com, akkyem.shiva@gmail.com



A perfect destination for the foodie traveller in you. Whilst going to the gorgeous Morjim Beach lies enroute The Garage Café. A pretty, garage-themed café, as the name suggests, where you can chill-out while you dig into some amazing freshly baked, pizzas, pasta or a burger while listening to good music playing in the background. The interiors are an impressive example of the out-of-the-box thinking. With an interesting ensemble of auto-parts and spares in the decor, the café well conceptualised and built. You can come to this café just to unwind, and enjoy an interesting but warm ambiance.

The Food

With casual dining, the café offers a wide range of cuisines from Goan, Indian, Italian, and Continental to multi-cuisines. The must-haves of the café include Chicken Alfredo pasta, Chicken Stroganoff, Butter Chicken Burger and sausages apart from the world's favourite pizzas. Garage Café serves and caters to all age groups. This eatery's menu also includes vegan dishes, and options of lip-smacking North Indian food as well.

The People

Garage café was brought to light, from an idea to brick and mortar, in April 13, 2018 by Pallavi Sidhu. Not only is she a fabulously charming host at the cafe, she is an army officer's wife, and also holds the title of "Mrs. India Charming face 2017". Pallavi played by her passion and opened this fun space for people who want to enjoy a susegad life in Goa, and some really delicious leisure food.

Restaurant Details

- ❖ Favourite choice of cafe amongst the locals
- ❖ Menu which is aptly priced, offers value for money
- ❖ Chic décor and cool ambience, perfect for a gang of friends
- ❖ Outdoor as well as indoor seating arrangements
- ❖ Restaurant Timings: 9:30 AM to 11:30PM



Recommended For

- ❖ Multi-cuisines Casual Dining
- ❖ Chefs recommends Chicken Stronganoff, Butter Chicken Burger and Bhuna Mutton
- ❖ For friends and families
- ❖ Private Parties

Location

1094 Madhla Vaddo Morjim, Goa, India

Reservation

Call :- 086500 48452



Project Café, an experiential venue where art, design, fashion, retail, food, drinks, music and people collaborate to create artistic endeavours under one roof. The result can be seen in the uniquely conceptualised The Project Café that offers exceptional food experience amidst an art gallery. It's a place where you can experience art on a dish and on the canvas.

the project café GOA

The Food

Project Café is a gourmet café restaurant and bar serving scrumptious feast from a well-curated menu including diverse handpicked recipes from across the globe. Special care is taken with choice of ingredients, quality of food and service, giving the guest a memorable culinary experience.

The People

The brilliant artistic minds behind this beautiful 130 year old Portuguese Villa are expert curator, visionary and founder Drasty Shah. Drasty along with a team of artistic Chefs curate out of this world menu that includes most delectable continental dishes bursting with flavours.

Restaurant Details

- ❖ Café, Fine Dining, Casual Dining
- ❖ Outdoor setting for the café
- ❖ Indoors setting for Restaurants
- ❖ Restaurant Timings: 10:00 AM – 11:00 PM
- ❖ Average meal for two cost INR 800 (with alcohol),
INR 600 (without alcohol)

Recommended For

- ❖ Continental Cuisines
- ❖ Accommodation, Bistro & Bar, and Art Experiences
- ❖ Chef's recommendation: Calamari, Pak Choi, Asparagus & Zucchini,
- ❖ Veg delicacies – Noodles with Sun Dried Tomatoes, Pesto and Pine Nuts
- ❖ Restaurant Timings: 08:00 AM – 10:30 PM

Location

The Project Café - Amalia Villa No. 198, Mazzal Waddo, Assagao, Goa 403507 (Near Dalloti Institute, Assagao)

Reservation

Tollfree :1800-102-8331

Email: tpco@theprojectcafe.in

Website: www.theprojectcafe.in



THE VERANDAH

The Verandah, is set in one of Goa's most stunning locations, offers a spectacular view and brings to you an assortment of Home-Style Italian Cuisine, right from the Chef's kitchen. With expertise in Italian food, the Chef and his team will give you a quintessential Italian dining experience.

The Food

The Verandah offers its guest authentic Italian food, with an array of wholesome home-style recipes, all prepared in the interactive show kitchen of the restaurant. The aroma of freshly prepared Italian food, combined with warm service and amazing views, The Verandah promises to offer its guests a quintessential Italian dining experience. The menu presents a large selection of authentic recipes native to Italy, featuring a variety of Antipasti, Zuppe, Pizza, Risotto, Gnocchi, Pasta and freshly baked bread. Must try signature dishes include Lamb Scottadita, Cavatelli Marinara, Pizza Verandah, Quattro Stagioni, Orecchiette Al Ragu, Di Agnello and Zuppa Di Pesce. The menu is also complemented by our homemade potted Tiramisu, Churned Gelatos, Zeppoli and Vanilla Panna Cotta.

The People

Chef David and his team have put together their creativity and passion to bring simple and wholesome Italian food to the table. The team believe that food should be thoughtfully sourced and carefully served. At The Verandah, one can enjoy simple and hearty food, crafted with love and great attention to detail.

Restaurant Details

- ❖ Open kitchen offering guests a view of freshly rolled pasta and an opportunity to interact with the chefs.
- ❖ Elegant indoor seating and outdoor seating offering a stunning view of the pool, and the lush green lawns with an extended view of the serene Bambolim Bay
- ❖ Communal setting to enjoy with family and friends
- ❖ Special kids menu curated for little guests, who love pizzas and pastas
- ❖ Join the cooking classes held every evening at The Verandah and learn to roll out some pasta and whip up our signature Tiramisu

Recommended For

- ❖ Perfect destination for family dinners, casual gathering of friends, romantic outings, and special occasions or just for creating memorable experiences



- ❖ Chef's recommendations: Lamb Scottadita, Cavatelli Marinara, Pizza Verandah, Tiramisu

Location

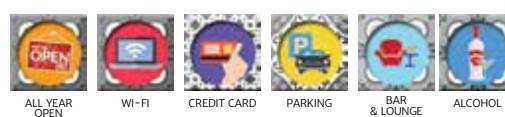
Grand Hyatt Goa,
Lobby Level, Grand Hyatt Goa, P.O. Goa University, Aldeia de Goa,
Bambolim, Goa 403206, India

Reservation

Connect with our Resort Centre on +91 832 301 1510 or visit www.hyattrestaurants.com



Verandah Panna Cotta



Tito's Goa is the most famous and popular nightlife destination in Goa which is synonymous for the vibrant vibes of Goa. Located in Tito's Lane in north Goa's famed Baga area, this was the first discotheques to open in the state. Electrifying lights, foot-stomping rhythmic music, and a thundering dance floor. The entire lane becomes a hotspot for party every day here in the tourist season and by Saturday nights, the dance floor is on fire. The music and party lovers from around the world descend upon this legendary arena to have a time of their lives. As is said if you are in Goa and leave without visiting Titos, then you have not seen Goa at all. With IPO listing on the horizon, Titos is one Brand to look out for keenly.

The Food

Tito's Restaurant is a courtyard comprising of an open-air restaurant and a concert space. The elegant open-air Tito's restaurant serves continental, local, and oriental food and their Seafood is most popular here. The bar serves alcoholic drinks – vodka, rum, tequila, beer, gin, brandy, and whisky. You will find juices and cocktails too. Bartenders are smartly dressed, and have a lot of flair. Take a seat to enjoy your food and the cool sea breeze.

The Clubs

Titos has been the first night club in Goa and is having a presence in Noida, Manipal and shortly in Pune. The nightclubs – Club Tito's, Bollywood Discotheque, and Café Mambo have become very popular across the country and gaining cult customers world over.

The People

Tito's Goa was established by Tito Henry De Souza in 1971, when the hippies were still in Goa, searching for spiritual salvation and nirvana. International tourists began to arrive in Goa, heard of Tito's and landed up here. Life in Goa was simple then and it was here and in this environment that Tito Henry De Souza, travelled around extensively decided to settle down, and set up a place for all the expats to meet up. Today, that same place - Tito's Goa – has become a famous landmark of the sunshine state providing entertainment and hospitality to wide cross section of customers including celebrities and high profile guests from across the World who return to the place time and again.

Restaurant Details

- ❖ Beachfront restaurant, Modern club
- ❖ Restaurant Timings:
- ❖ Average Meal for two INR 2,000 per couple

Clubbing Details

- ❖ Themed party every night
- ❖ Ladies Free Entry



- ❖ Unlimited Drinks on the House*
- ❖ Various Entry and Cover charge Packages starting from Rs.2000/-

Recommended For

- ❖ Indian and international DJs
- ❖ Music from different genres
- ❖ Special event nights like – Desi Swag, Coyote Night, Bunny Night, and others
- ❖ Delicious Food
- ❖ Ambience

Location

Tito's Lane, Saunta Vaddo, Baga Calangute, Bardez – Goa India

Reservation

Phone: +91 9822765002, +91 9923586659

Email: info@titosgoa.com

Website: www.titosgoa.com

*Conditions Apply



W Goa, one of most breath-taking escapes, captures the rustic and dramatic landscape of Goa. Satiate your sophisticated palate with a wide range of foods from authentic to refreshing to comfort foods created by the celebrated chefs at W Goa. Spice Traders offers Asian epicurean flavours amplified with sumptuous ocean views and al fresco dining. The Kitchen Table, an all-day restaurant, serves popular local Goan classics and modern interpretations of international favourites. The Living Room and WOOBAR® transform from a comfortable hangout by day, to a buzzing lounge and bar by night. ROCKPOOL is set high upon a cliff with the ocean crashing below on Vagator Beach, blending bohemian vibes with sunset beats for the ultimate in late night revelry.

SPICE TRADERS

The Food

Spice Traders offers Asian cuisines with flavours amplified with sumptuous ocean views and al fresco dining. The south-east Asian cuisine is like hip-hop of the culinary world - street-smart and savoury. The flavours are robust and complex. Our guests get a delightful experience through a delectable journey of the epicurean world of seafood, meats and spices!

The People

The accomplished minds behind these fine gourmet experiences is the team of Chefs at Spice Traders who aim to serve food that not only looks beautiful, but takes your palate on a journey of different sensations. The Chef's brings forward the signature dishes — remixing Thai, Chinese, Japanese and Vietnamese flavors— that are enticing and aromatic. From the Chongqing Chicken to baked crab Singapore chili to raw pizza tostados, they will leave your taste buds tingling.



Restaurant Details

- ❖ Fine Dining & Sunday Brunches
- ❖ Live music with dance floor on special days/occasions
- ❖ Average meal for two cost INR 3200++ (with alcohol), INR 2400++ (food and soft beverages)
- ❖ Restaurant Timings: Lunch 12:00 Noon – 3.30 PM, Dinner 07:00 PM – 11.30 PM, Sunday Brunch 12:00 Noon – 04:00 PM

Recommended For

- ❖ Pan Asian cuisine
- ❖ The Asian Retox Sunday Brunch
- ❖ Flaming Rainbow Roll, Chongqing Chicken, Scallop and bacon fried rice, Kimchi fried rice, Cold pizzas – Truffle tuna pizza and red and yellow bell pepper pizza



ROCKPOOL

The Food

Rockpool will offer you cocktails created exclusively for your taste and mood. This electrifying venue creates a cocktail culture that you've never experienced before! With everything from small bites to bigger bowls, the bar has a diverse food menu in addition to its eclectic beverage selections. A wide array of dishes are at your disposal to choose from like the Cold Pizzas, Kebabs; Mezzes and Salads like the Watermelon and Feta Salad; Charred Buratta and Nasi Goreng Bowls.

The People

The team of Chefs and Bartenders at Rockpool serve you with the most delectable choice of cocktails and food. Whether you're soaking up the sun or dancing the night away, the team ensures that you are pampered and have the time of your life. The quirky style of service and love for their work translates to guest interactions and experiences that are memorable and make you want to keep coming back for more.

Restaurant Details

- ❖ Casual Dining
- ❖ Average meal for two cost INR 2500++ (with alcohol), INR 2000++ (food and soft beverages)
- ❖ Restaurant Timings : 11.00 AM to 11.00 PM
- ❖ Sunday Saga: Every Sunday 4:00 PM onwards

Recommended For

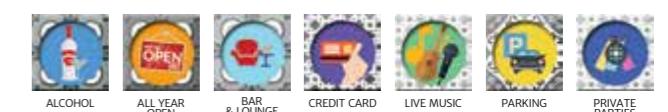
- ❖ Multi-cuisine, Bites & Bigger Bites, Cocktails
- ❖ Sundowners & electrifying nightlife
- ❖ DJ line-ups and Live Acts
- ❖ Chelo Wrap, Charred Buratta; Cold pizzas – Calamari, Smoked Salmon and Cream Cheese; Bowls – Nasi Goreng, Gohan
- ❖ Beverages: Caje's Spritzer, 31st December, Orange Bae, Catch 22, What Meh

Location

W Goa, Vagator Beach, Bardez, Goa 403509 (Near Chapora Fort)

Reservation

Phone: 0832 6718888
 Email: 03723.spicetraders@whotels.com, 03723.rockpool@whotels.com, reservations.goa@whotels.com
 Website: www.w-goa.com



As the name indicates, Whispering Palms Beach Resort is tucked away in a quiet, peaceful location amidst the lambent vivacious area of Candolim. It is a 106-rooms resort with Goan-style interiors infused with contemporary facilities that promises a pleasant stay for the guests. Just a minute's walk or 175 meters from the beautiful and buzzing Sinquerim Beach, the resort has exquisitely designed studio suites, spacious terrace rooms and Mediterranean-styled balcony rooms.



The Food

Whispering Palms offers a gamut of cuisines which include Goan, Indian, Continental, and Chinese. With this plethora of food and beverage options available, guests can enjoy a delicious meal any time of the day in the comfort of their rooms or amidst the ambit of the restaurants. The Breeze is a Mediterranean restaurant with patio seating, facing the swimming pool, serving buffet oriented daily breakfast. For the Cocktails and Mocktails lovers, Lanai is the pub that offers multiple choices of liquors and spirits based drinks. It is an ideal hub to simply chill out and enjoy the evening with some good lounge music. For the spicy treat of North Indian cuisines, Aahaata is the place to be. An Indian specialty restaurant aptly set amidst a lush green surrounding, serves specialties from 'Kadai' preparations, 'Handi' preparations, succulent Kababs with a variety of Indian Breads. The thrill of having a swim while you sip on your favourite cocktail, By The Bay will add to the pun you always intended to have during your vacay in Goa. The poolside bar is richly stocked with Cocktails, Mocktails and a variety of liquors. The upper level of the bar overlooks the sea. For the ones with a sweet tooth, Choc-on-the-Rocks will fulfil all your sinful desires of desserts with a kick. A unique patisserie club that serves fresh desserts from their in-house bakery, liqueur based chocolates and sweets.



The People

The hospitality team at Whispering Palm Beach Resort are skilled and experienced, and understand guest's requirements thoroughly. The resort receives a lot of high-flying repeat clientele only for the reason that the resort offers impeccable hospitality and culinary experience. It has received many Domestic and International awards for the quality of service and guest delight.

Restaurant Details

- ❖ Spa and wellness by Tatva Spa offering aroma therapies, Swedish, Thai treatments and other international holistic treatments (Timings: 0800 AM to 09:00 PM)
- ❖ Theme dinners - Carnival Night, Goan Night, Mexican Night etc., organised once a week
- ❖ Restaurant Timings: Breeze - 07:30 AM to 11:00 PM; Lanai - 07:00 PM to 11:00 PM; Ahaata - 07:00 PM to 11:00 PM; By The Bay - 07:00 PM to 11:00 PM; Choc on the Rocks - 05:30 PM to 12:00 midnight

Recommended For

- ❖ Buffet breakfast at The Breeze
- ❖ Goan, Indian, Continental, Asian delicacies at Ahaata serving succulent Kebabs, Grilled seafood and choice of meats
- ❖ Liquor based desserts and chocolates at Choc-on-the-Rocks

Location

Sinquerim Beach, Vadi, Candolim, Bardez – Goa, India 403 515

Reservation

Call at +91 9970057236, +91 (0) 832 6651515

Email ID: info.wpbr@whisperingpalms.com

Visit us at: www.whisperingpalms.com





Appetite Classic is a premier multi cuisine restaurants, located right on top of the hill next to Xavier's College Mapusa Goa. The restaurant is an ideal location for having a scrumptious meal while enjoying a view of the valley and the city. Open to celebrate every occasion be it family celebrations, Friends get-together, or a business meeting, through their catering wing that adds to the festivities.

Location

Appetite Classic Restaurant & Bar: Near Xaviers College, Mapusa, Bardez, Goa 403507

Reservation

Phone: +91 98230 08135
Email: michaelcarrasco1960@gmail.com



Location

Shop No. 16, Kamat Holiday Homes, Gaura Vaddo, Calangute-Candolim Road, Goa

Reservation

Phone: +91 9689111902



Creamchoc Gelato, one of the finest artisan gelatos in Goa, gives you mouthful of flavours which are rich and creamy. Churned with love and amazing fresh fruits, Davide Passarella, an Italian, got his skilled hands here in goa to create the flavours of the original gelatos. Taste the spoonful of heavenly delight made to perfection with products imported from Italy. Creamchoc has a wide range of desserts like Sundaes, Waffles, Frozen Yogurt, Crapes, Fresh Fruit Gelato Shakes, Smoothies, Slush, and healthy juices. You can also use their catering services for all type of special events, gatherings, birthdays, weddings and any corporate events.

Locations

Anjuna: Our lady of Health Chapel Complex, Mazal Waddo, Anjuna Bardez, Goa
Panjim: Dayanand Bandodkar Marg, Near Fortune Hotel Miramar, Panjim, Goa

Reservation

For enquiry call office between 10:00 am to 5:00 pm at: 9373163252
For enquiry call the store between 09:30 am to 1:00 am | Anjuna Store: 9373163251



A beautiful English-style bakery, a neatly bricked sidewalk, and the buzzing Candolim road – this pretty picture is of Artisan Backerei. A cafe-cum-bakery with German roots is the place where you smell freshly baked artisanal breads and pastries, prepared from scratch using high quality ingredients. The Chief Artisan and his team, with an extensive experience in pastry making, have brought their passion for vintage desert recipes to the bakery. The experience, and the passion for sweet treasure reflects upon the menu of the bakery. Reasonably priced considering the quality of every ingredients that are in use, the café-cum-bakery offers from deserts to savoury food. They make great breads like Irish Soda Bread or the Egyptian Beer Bread, all handmade. Quiche Lorraine, French tart was stuffed with Gruyere cheese, egg and bacon, are some of the best sellers amongst the savoury items. The cakes are an art piece in themselves like the Austrian Sachertorte, Devil's Chocolate Cake, Hummingbird Cake, Hungarian Esterhazy, French Opera, Chocolate Entrant, and many more. This cute little bakery is worth a visit, and is open from 9:00 AM to 12:00 PM

Location

Shop No. 16, Kamat Holiday Homes, Gaura Vaddo, Calangute-Candolim Road, Goa

Reservation

Phone: +91 9689111902



DONA PAULA

Pomodoro, an Italian restaurant, offers exquisite and authentic Italian cuisines made from freshest of ingredients, and the warmth of an Italian hospitality.

Location

Casa Tropicana, Jetty Road, Dona Paula, Goa 403004

Reservation

+917888039483 / 9422063961 / 7888047339



DONA PAULA

The Circle, a Restobar and Café, offers Goan-Portuguese and Mediterranean cuisines. A warm and cosy café, serving juicy burgers, milkshakes and snacks with an all-day dining and breakfast menu.

Location

Tropical Bay, Jetty Road, Dona Paula, Goa 403004

Reservation

+917888039483 / 9422063961 / 7888047339



PANJIM

Desserts N More also known for designer cakes that brought the concept of a bakery adding the health quotient into the sweets and snacks. They offer a range of wheat based deserts like wheat cupcakes and wheat carrot cakes. Each product is unique and perfectly balanced with flavours with 'No Added Preservatives'.

Location

Desserts and More: Caculo Mall, Panjim Goa Mapusa city Factory Outlet, Tivim Industrial Estate

Reservation

For placing order, call – 7219205290/ 9922950814

Email: dessertsnmoreoutlet@gmail.com



EDU'S

In the beach town of Miramar perches a spectacular restaurant that has won more hearts than any other food joint in the locality. Edu's is a multi-cuisine restaurant and bar designed to resemble a street-side café with indoor and outdoor seating. Their highly comprehensive menu features the best of North Indian, Chinese, Goan and European cuisines. The restaurant specialty is Goan Food with home-style of cooking of Fish, Pork, Beef based cuisines. Their Pizzas and Pastas are downright delicious and reasonably priced. Bustling with youngsters during lunch hours and evening.

Restaurant Details

- ❖ Average meal for two: INR 600/- to INR 700/-
- ❖ Restaurant timings: 12:00 pm to 11:00 pm



Image source - Flickr

Location

Wasbab Building, Youth Hostel Road, Miramar, Panjim, Goa 403001

Reservation

Tel: +91 9112921899



On the Go, a little Peruvian café is located right on the sidewalk of the winding chogm road. Serving authentic Peruvian food, the café specialities are wholesome sandwiches, iced teas, smoothies and desserts. It is known for its fresh fruit blended ice teas, generously filled exotic cold sandwiches, savouries. The dessert menu is absolutely out of the world and includes an array of deliciously potted desserts ranging from Chocolate Truffle, Variety of Cheesecakes, Passionfruit Mousse, Banoffee Pie, Sweet Tarts and more. The bestsellers amongst the Peruvian dishes consist of Causa, Arroz con Pollo, Empanadas, Pastel de Espinaca, Tres Leches, Alfajores and Suspiro Limeño.

Marco Crisanto, the man behind this beautiful Peruvian café, introduced Goa to the most authentic Classic Peruvian Cebiche, many Peruvian snacks. His wife, Mona Nalovalia Crisanto along with her assistant Chef Alok Nayak, brewing up a flavour-filled storm in the kitchen using fresh local produce to re-create the "Peruvian" flavour.

Restaurant Details

- ❖ Café, takeaway
- ❖ Peruvian twist cuisine that include snacks, coffee, iced teas, desserts
- ❖ Yearly Peruvian pop ups and traditional High Tea afternoons

- ❖ Average meal for two with or without alcohol : INR 800
- ❖ Restaurant Timings: Tuesday to Sunday from 10am to 6pm

Locations

Shop No 2, Ground Floor, Project Sapana Sagar, Chogm Road, Porvorim, Bardez, Goa, India, 403501

Reservation

Contact: +91 70289 24234 Email: onthego@porvorim@gmail.com

www.facebook.com/onthegoindia

Instagram: <http://instagram.com/onthegoindia>



TRIPTI TIFFIN

The Food

Tripti Tiffin's kitchen is a place filled with a feeling of euphoria. We are following the legacy that runs in our family - a kitchen that rivals the best in terms of variety, skill and technique. Our cooking methods are traditional – blanching, braising, searing, sautéing, tempering, etc. using heavy-bottomed pans, kadhai (woks), mitti handis and cookers to get the perfect flavour, every time. Our ingredients are true to each recipe – organic, regionally-sourced and just like the olden days, every spice is dry-roasted and hand-ground, in a hammam-dista (mortar & pestle) or on a sil-batta (grinding stone) thus, seasoned with pure love.

Tripti Tiffin is the brainchild of the food lover duo – Radhika and Sourav Ray. It is named after Radhika's maternal grandmother – Tripti Bhattacharya – as a tribute to her and also her mother - Jayanti Bhattacharyya. Radhika, with a backing of 20 years in the culinary world, is the Chef at Tripti Tiffin and is a culinary artist. Her skills in the kitchen turn fresh produce and aromatic spices into masterpieces, replicating age-old recipes from kitchens across India.

At unbelievable prices for ample portions of half a kilo, and home delivery service, we truly exemplify value for money.

Reservation

To place order, call or send a message on WhatsApp at 8999720928

Email: triptitiffin@gmail.com

Website: www.Triptitiffin.com



Addah

The O hotel
Candolim, Goa
918323047000/30470009
Indian. BBQ

Alcove Restaurant & Bar

Alcove Resort, Ozran Beach,
Small Vagator, Anjuna
08322274491/08322273349

Multi Cuisine**Alfama**

Cidade de Goa,
Vainguinim Beach, Dona Paula
918322454560/61

Goan. Portuguese**Antares**

Small Vagator Beach,
Ozran, Vagator
917350011528

Multi Cuisine**Apana Punjab**

Bardez, Near St. Anthony's Church, Vagator
919225660913/919371660913

Multi Cuisine**Appetite Classic Restaurant & Bar**

Opp. St. Xavier's collage,
Gate No. 3, Housing Board, Road, Mapusa,
Goa 403507
098230 08135

Tandoori. North Indian. Continental.
Mughlai. Punjabi

**Arabian Sea Restaurant**

Tahira Beach Resort,
Ashwem Morjim Road, Ashwem
919764680735/919637836912
Seafood

Arti's Yakhni Pulao

Sea Wind Apartments,
Lane 11, Machado's Cove
Dona Paula, Goa
+91 9766229955

North Indian**Artisan Backerei**

Shop no. 16,
Kamat Holiday Homes, Calangute, Goa
403516
096891 11902

Bakery**Artjuna**

House 972, Monteiro Vaddo, Market Road,
Anjuna: +917722080190, Baga:
+917722081090

Café**Baba Au Rhum**

Sun Village Road, Sim Vaddo, Anjuna, Bardez
919822866366/919657210468

International**Banyan Tree**

Taj Holiday Village Resort & Spa
Dando Candolim Bardez, Goa
918326645572

Thai**Bar Latino**

Cidade de Goa,
Vainguinim Beach, Dona Paula
918322454545/918322454560/61

Continental. Snack Menu**Barbeque**

Cidade de Goa,
Vainguinim Beach, Dona Paula
918322454545/918322454560/61

European. Indian. Seafood**Bay 15**

Odxel Beach,
Dona Paula, Panaji,
Goa 403206
0832 245 6231
Goan. Pan Indian. Mediterranean

Bay View Lounge

Grand Hyatt Goa, Bambolim,
15 minutes from Panjim
918323011510

Wines. Canapes. Coffee**Beach House**

Taj Holiday Village Resort & Spa
Dando Candolim Bardez, Goa
918326645572

Goan**Bebdo Bar**

Rio Royale,
Gorrbhatt, Arpora, Bardez
08322267300/08326658700

Wines. Canapes. Coffee**Bhajan**

Hotel Fidalgo, 18th June Road, Panjim
08322226291-99

Gujrati**Bingo Bingo**

Near wada Morjim, Mandrem Ashwem.
Morjim Road
91968955907

Multi Cuisine**Black Market**

Above Fab India Villa,
Dr Braganza Pereira Rd,
Campal, Panaji, Goa 403001
9881731901

Seafood. Continental. European. German**Black Sheep Bistro**

Swami Vivekanand Road,
Next to ICICI Bank, Panjim
9881731901

European. Fusion**Blue Sea View Multi Cuisine Bar & Restaurant**

Kepewada, Arambol, Pernem - Goa
919923569359

Multi Cuisine**Blue World**

Bagwada Road, Madla Wada, Morjim - Goa
918007670361

Multi Cuisine**Bomra's**

Souza Vaddo, Fort Aguada Road
Candolim - Goa
919767591056

Asian. Modern**Bon Appetit**

Dando, Candolim, Sinquerim
08322479678/2479477/+919822102240

Goan. European. Seafood**Boomerang**

Near Ajoba Temple,
Ashwem Beach, Mandrem - Goa
919960713570/919822108433

Multi Cuisine**Bottle Bay**

Baga beach,
Santo Vaddo, Calangute - Goa
919823374705

Multi Cuisine**Breeze**

Whispering Palms Beach Resort,
Candolim Bardez
0832 665 1515

Indian. Goan.**Britto's**

House No.7/171
Saunta Vaddo, Baga- Calangute
917387627948

Indian. Continental. Goan. Tandoori. Multi-Cuisine**Casa Tropicana,**

Promodore, Jetty Rd, Dona Paula,
Goa 403004
7888039483

Italian**Café Azul**

Cidade de Goa,
Vainguinim Beach, Dona Paula
918322454545/918322454560/61

Multi Cuisine**Cake Shop. Desserts**

Factory Outlet,
Tivim Industrial Estate, Mapusa - Goa
918888516677 / 7219422228/
7775058866/ 8806929956

Cake Shop. Desserts**Calamari Bathe & Binge**

Next to Santana Beach Resort,
Dando Beach, Off Aguada Road, Candolim -
Goa
919371703536/9326102242

Multi Cuisine. Seafood**Capiz Bar**

Grand Hyatt Goa,
Bambolim, 15 minutes from Panjim
918323011510

Bar**Caramel**

Vivanta by Taj - Panaji, Goa
Off D B Bandodkar Road, Next to Kala
Academy, Panjim - Goa
08326633650/ 47 /51 / 62

Confectionary. Rolls. Biryani**Caravela**

Taj Holiday Village Resort & Spa, Dando
Candolim, Bardez, Goa
918326645572

Multi Cuisine**Casino Motels Bar & Restaurant**

Alto Porvorim, Porvorim - Goa
8322413456

Seafood. Goan. Indian. Chinese**Citrus Café**

Lemon Tree Amarante Beach Resort, Vadi,

Candolim

08323988188/08326648188

Multi Cuisine**Cohiba**

Aguada - Siolim Rd, Sinquerim, Aguada Fort

Area, Candolim, Goa 403515

077220 31222

American. Indian. Seafood.

Confeitaria

Grand Hyatt Goa,
Bambolim, 15 minutes from Panjim
918323011510

Breads. Cakes. Pastries

Copperleaf Goa

Chogm Rd, SBI Colony,
Porvorim, Alto Porvorim, Pilerne, Goa
403521
075582 98641 / 08326518464 /
+9190705018462

Indian. Goan. Chinese

Cream Cho Icecream Pvt.Ltd

Near Our Lady of Health Chapel Complex,
Mazal Waddo, Anjuna - Goa 403509
093731 63251

Gelato

Cremeux
H/no 560 Ubo Dando, Santa Cruz
08322447236/+919011071234

Confectionary

Curlies Beach Restaurant

San Miguel Waddo. Anjuna
919552471720

European. Italian. Chinese

Curry Leaf

Hotel Calangute Towers,
Opp. Calangute Village Panchayat
08326636000/+91888886703

Indian

**Curry Leaves Veg Restaurant**

Shop No 1, Nr. Corporation Bank.
Opp Kamat Holiday.
Calangute Candolim Road
919765599922/918007599922

Pure Veg Restaurant

Delhi Darbar

Opposite Magnum Centre, MG road, Panjim
8322222544

North Indian

Desserts & More

Caculo Mall Panjim, Mall de Goa Povorim,
Elite Towers Mapusa,
Factory Outlet Tivim Industrial Estate
088885 16677

Cake Shop. Desserts

Docaria

Cidade de Goa,
Vainguinim Beach, Dona Paula
918322454545/918322454560/61

Cake Shop. Desserts

Earthern Oven

Acron Place, 283, Fort Aguada Road,
Candolim
918888530200

North Indian

Eat Street

Hotel Calangute Towers,
Opp. Calangute Village Panchayat
08326636000/+91888886703

Multi Cuisine

Eatopia Bar & Restaurant

Near Straco Junction, Anjuna Vagator Road,
Anjuna
918888787976/919922621879

Multi Cuisine

Edu's

Wasbab Building, Youth Hostel Road,
Miramar, Panjim, Goa 403001
9197645523/8322463777/888

Multi Cuisine

Electric Cats

Umta Waddo, Calangute Beach Road,
Calangute
919822164947

European. Italian. Chinese. Indian. Seafood

Eviva

Azzure by Spree Hotel, Ground Floor,
Naika Vaddo, Calangute
08322267919/08322267900

Mediterranean

Favela

Near Calangute - Baga Rd,
Baga, Goa 403519
098229 08761

Indian. European. Seafood. International.

Fisherman's Cove

Candolim Main Road, Pinto's Waddo
Candolim
0832 2489799 / +91 9822169572

Seafood. Goan

Flame

Double Tree by Hilton, Ximer, Baga
918326655666

Multi Cuisine

Flavourz Family Restaurant & Bar

Bridge Road, Portawado, Siolim
919764149497/8322270497

Multi Cuisine

Florentine

Chogm Rd, Saligao
8322278122

Goan. Seafood

Foodland Restaurant & Bar

Ground Floor, Miramar Residency, Miramar
8322462326

Indian. Chinese. Goan. South Indian

George Restaurant & Bar

Nr. Mary Immaculate Conception Church,
Panjim
919822487722

Seafood. Goan. Chinese

Go with the Flow

H/No 614 near Baga Bridge, Baga, Goa
91750771556/917507771557

European. Continental.

Goenchin Restaurant

Mandovi Apartment.
Dr Dada Vaidya Road, Panjim
0832227614/08322434877

Multi Cuisine

Golden Net

Near Resort Ronil Opp Norm super market,
Calangute
8322276101

Goan. Indian. Chinese. Continental

Grand Hyatt

Grand Hyatt Goa, 15 minutes from Panjim
0832 3011510

Multi Cuisine

Green Apple

Near Madla Wada, Morjim
918379026607

Multi Cuisine

GROK

Hyatt Centric C, Mandolin - Goa
0832 716 1234

Modern Indian. Goan. Kababs.

Gunpowder

H/no 6 Saunta Waddo, Assagao - Bardez
08322268083/2268091

South Indian

Hanging Garden

The Crown Goa, Panjim
08322400000/60/62

Italian. Continental. Goan. North Indian

Harbour Café

The Crown Goa, Panjim
08322400000/60/62
Multi Cuisine. Coffee. Snacks

House of Llyods

Saipem road, Near Candolim Church
919823032273

BBQ. Continental. Fusion. Goan

Hyatt Place Goa

Hyatt Place Goa/Candolim
0832 7161234/+91 9130064069

Multi Cuisine

I Love Bell Bottoms the food chord

544/2 Ozran Beach Road, Anjuna Bardez
918793131000 / 918793231000 /
8326745000

Multi Cuisine

ibis Style

Survey 166 Naikawaddo, Calangute, Goa
0832 671 6000
Multi-cuisine

II Camino

Taj Fort Aguada Resort & Spa
918326645858

Italian

Izgara Rooftop Bar & Grill

Acacia Hotel & Spa, Main Candolim Road
832671477

Grill. Mediterranean. Middle Eastern.

Turkish

Jambalaya

Near Newtons Supermarket, Murod Vaddo,
Candolim
+919049949296 /+91 9326102242 /
+918326516906 /+91 9371703536

Multi Cuisine

I'amore Multi Cuisine Restaurant

Ashwem Beach, Ashwem, Mandrem, Pernem
1529596617

Multi Cuisine

Laguna Anjuna

Sorantto Vaddo. Off road To Flea Market,
Near Sacred Heart School, Anjuna
8322274131

Indian. Continental. Goan. Parsi. Italian



Laranja

Cidade de Goa, Vainguinim Beach, Dona Paula
918322454545/918322454560/61
Goan. Indian. Mediterranean. Continental

Latest Recipe

Le Meridien Goa, Aguada-Sioli Road, Calangute, 918322267777 / 2267724 / 2267723 / 2267729 / 2267728
Multi Cuisine

Latitude

Vivanta by Taj – Panaji, Goa
918326633650 / 47 / 51 / 62

Multi Cuisine. Gluten Free. Dairy Free

Le Jardin

Le Jardin Restaurant & Bar, Opp Municipal garden, Mapusa 832651523

Goan. North. Indian. Chinese

Le Meridien

Le Meridien Goa, Aguada-Sioli Road, Calangute 0832 2267724 / 2267723 / 2267729 / 2267728 / 22677777

Multi Cuisine

Legacy of Bombay

Hotel Fidalgo 18th June Road, Panjim 08322226291-99

Indian Street Food

Lila Café

Tito's White House, Calangute-Arpora-Sioli Road, Anjuna 918806797211/8322914687

Café

Longitude 73

Le Meridien Goa, Calangute, Aguada-Sioli Road 918322267777 / 2267724 / 2267723 / 2267729 / 2267728

Coffee Shop. Bar

**Mum's Kitchen**

854, Martins Building, D.B Street, Miramar, Panjim 919822175559/919011095557
Goan. Seafood

Navtara Restaurant

Trinora Apartments, Municipal Market, Panjim 832220206
North Indian. Punjabi. Chinese

Nothin Batter

S-F-204, Yashodhan Apartments, V.V Dempo Marg, Tonca, Miramar 919850965815
Cakes. Confectionary

O Goa

Hotel Fidalgo, 18th June Road, Panjim 08322226291-99

Bar. Lounge

Mango Tree

Vagator Beach Street, Vagator

8323094464
Multi Cuisine

O'Coqueiro

NH 17, Alto Porvorim, Bardez, Penha de França, Goa

919850406198
Goan. Portuguese

Marriott Goa Resort & Spa

Miramar, Panaji, Goa 403001 0832 246 3333

Indian. Pan-Asian. Continental

Mirch Masala

Hotel Fidalgo, 18th June Road, Panjim 8326658000

Indian

On the Go

Shop No. 2, Ground Floor, Sapna Sagar Building, Chogm Rd,

Porvorim, Aradi Socorro, Goa 403501

070289 24234
Peruvian, Cafe, Latin, Fast food

Moki Bar & Kitchen-Goa Roof Top Bar,

181/1, 4th Floor, Hotel Picnic Plaza, Bella Vista – Sangolda

Near Ardee School, Chogm Rd, Porvorim

077218 48473
Goan. European. Italian. Continental

Morisco

Taj Fort Aguada Resort & Spa 918326645858

Seafood

Palm Shade Bar & Restaurant

Next to Taj Vivanta - Holiday Village Sinquerim 919822183079
Multi Cuisine

Pan Global

Neelam's the Grand & the Glitz Hotel, Calangute 08322281800/04
World Cuisine

Peace

The Park, Calangute +918322267600 / +91 8805028194

Bar

Piccola Roma Near Charpora Petrol Pump, Charpora Road, Vagator

91757806821
Café-Pizzeria

Picnic Restaurant

Shop No 19, Sapana gardens, Chogm Road, Porvorim 08322410349/9823137349

Goan. North Indian. Seafood.

Om Star Bar & Restaurant

Arambol beach, Socoilo vaddo, North Goa 918007276735, +9196893 35562

Multi Cuisine

Plunge

Le Meridien Goa, Calangute, Aguada-Sioli Road 918322267777 / 2267724 / 2267723 / 2267729 / 2267728

Pool bar. Snacks

Palasha

La Cabana Resort beach& spa, Ashvem, Near Jagoba Temple

Mandrem

91888636334
Mediterranean. Thai. Seafood

**Portuguese. Goan****Riorico**

Hotel Mandovi, Panjim 08322224405/09
Seafood. Goan. North Indian. Chinese

Pool Bar

Goa Marriot Resort & Spa, Miramar, Panjim 8322463333
International. Snacks. Burger. Shakes. Cocktails

Prana

1/338, Gauravaddo, Calangute – Goa +9190962 22410
North Indian

Presa Di Goa

353/1, Arais Wado, Nagoa, Saligao, Calangute 08322409067/69
Turkish

Prime Rose

19 Barros wado, Chogm Rd, Sangolda, Goa 403511 098735 94929
Goan. North Indian. Continental.

Purple Martini

Anjuna Cliff, Victor Guest House, Anjuna Beach 917028309039/919975910493
Continental. Indian. Tandoori. Chinese

Sea Breez Bar & Restaurant

St. Micheal Vaddo, Flea Market, Anjuna 919890170260
Multi Cuisine

Sea Horse

Near Milagres church, Morjim 919822385825
Veg/Non Veg Restaurant

SFX

Taj Fort Aguada Resort & Spa 918326645858
Bar

Retreat Morjim Coconut Groove

Near Vidhya Prasarak High school, Main T Junction Ashwem Mandrem Road, Morjim Pernem 91777038777/91777039777
Seafood



Simply Grills

Goa Marriot Resort & Spa, Miramar, Panjim
918322463333

Goan. Regional. International

Soul Curry

Pedem Sports Complex, NH-66, Hotel
Purshottam International,
Near Peddem, Mapusa, Goa 403507
9422444324

Goan. Seafood. North Indian. Chinese.

Southi

Zense Resort 1088, Escrea-Waddo.
Opp Novotel Shrem Hotel, Candolim
08322489230/32

Multi Cuisine

Souza Lobo

Calangute Beach, Near Calangute Circle,
Calangute, Goa
0832 2281234

Multi Cuisine

Spice Traders

W Goa, Vagator Beach, Bardez, Goa
918326718888

Asian

Taj Fort Aguada Resort & Spa Goa

Sinquerim Candolim, Bardez, Goa
918326645858
Multi Cuisine

Taj Holiday Village Resort & Spa Goa

Dado, Candolim, Bardez, Goa
918326645572
Multi Cuisine

Tamari

Vivanta by Taj, Panaji, Goa 9
18326633650 / 47 / 51 / 62
Thai. Chinese. Japanese

Taverna

Cidade de Goa, Vainquim Beach, Dona
Paula
918322454545/918322454560/61
Indian. Continental. Chinese

Tease

Vivanta by Taj, Panaji, Goa
918326633650 / 47 / 51 / 62
Bar

Thaal

K15, kegdevelim, Reis Magos, Goa 403114
9764067912

Bohra

Thalassa

Plot No. 301, 1, Vaddy, Siolim, Goa 403517
9850033537

Greek

The Asian Wok at the Pool Bar & Grill

Grand Hyatt Goa, 15 minutes from Panjim,
Bambolim,
918323011510
Asian. Cocktails

Multi Cuisine

The Project Café

Amalia, Villa 198, Mazal Waddo, Assagao,

Goa 403507
086975 81967

Café. Continental.

The Awadh House

House No 9/98, Boca de Vaca, Near
Talaulikar Hospital,
Panaji, Goa 403001
093075 07688

Awadhi

The Big Tap

614, Calangute-Baga Road, Baga
919130042325, +9195493 74944
Bar Kitchen Grill

The Dining Room

Grand Hyatt Goa, 15 minutes from Panjim,
Bambolim - Goa
918323011510
World Cuisine

The Fern Kadamba

The Fern Kadamba Hotel & Spa, Old Goa
Bypass Road
8322442211
Multi Cuisine

The Garage café

Morjim, Goa 403512
8650048452
Café. Chinese. Continental. Indian

The Kitchen Table

W Goa,
Vagator Beach,
Bardez, Goa
918326718888

European. Indian. Asian

The Park Calangute

The Park Calangute, Holiday Street, Lane
opposite Calangute mall
Gaura Vaddo, Calangute
0832 2267600 / +91 8805028194

Multi Cuisine

Vivanta by Taj Panaji, Goa

Off DB Bandodkar Road, Next to Kala
Academy, Panaji
832665858
Multi Cuisine

The Red Ginger

Behind Police Station, Dona Paula, Goa
403004
9146046024
Malaysian. Thai. Japanese.

The Rice Mill

H.No.384, Near Bank of Baroda,
Varchawada, Morjim, Pernem
+91 74474 73866

Multi Cuisine

The Verandah

Grand Hyatt Goa, 15 minutes from Panjim,
Bambolim
918323011510
Italian

Tito's Courtyard

Saunta Vaddo.Titos Lane, Calangute Road,
Baga
919822765002/9623690000
Continental. Indian

Tripti Tiffin

C/o Redbrickshop, 127/1, Bairo Alto Vaddo,
Opposite Casa Pallotti Institute, Assagao,
Goa 403507
8999720928
Goan. North Indian.

Villa Blanche

283 Socolwaddo, Assagao (near the gym)
919822155099 /8322268196
Multi Cuisine

Viva Panjim Restaurant

Behind Mary Immaculate School, Fontainhas.
Panjim
919850471363/8322422405
Goan. Portuguese. Chinese

Zaitunay Bay Restaurant & Bar

Ashiwada, Ashwem Beach, Mandrem

917057510359/919657987206/98344246

92

Multi Cuisine

W HOTEL

Vagator Beach, Bardez
832671888
Multi Cuisine

Waterfront Terrace & Bar

Goa Marriot Resort & Spa, Miramar, Panjim
832246333
Multi Cuisine

Whiskys

Noah's Ark, RND Jetty. D. Bandodkar road,
Panjim
918806663622
Multi Cuisine. Beverages

Whispering Café

230/a Lourdes Waddo,
Ucassaim (nr Ucassaim Church),
Bardez 9198203377940
Multi Cuisine

Whispering Palms Beach Resort,

Sinquerim Beach, Vadi, Candolim, Bardez -
Goa, India 403 515
91832661515
Indian

Woodbar //Living Room

W Goa, Vagator Beach, Bardez, Goa
918326718888
Bar

You & Me Multicuisine

Rio Resort Road, Opp. Renton Manor,
Arpora, Goa
917798207886/9811806408
Multi Cuisine

Zense

Zense Resort 1088, Escrea-Waddo. Opp
Novotel Shrem
Hotel Candolim
08322489230/31
Continental. Pan. South Indian



SOUTH GOA



Alila

DIWA GOA . INDIA

courtyardbar



A retro-themed cocktail bar, Courtyard Bar specializes in creating art in a glass, bursting with uniquely crafted flavours extracted from fruits, spices, and herbs combined alongside timeless classics. Courtyard Bar allows you to indulge in an array of options such as a Manhattan with kokum-infused Martini Rosso & Cherrywood Smoke or a customized Gin and Tonic blended with your choice of herbs and spices. For the mocktail lovers, the options are quite interesting like Kuch Nahi – a tangy concoction of pineapple cubes, coriander, and citrus fruit soda – or Dadima Cooler made with fresh mint, lime juice, sprite and pomegranate syrup, Narangi Elaichi consisting of reduced fresh orange juice along with cardamom and honey, and Kaffir Lime Leaves and Ginger - made with fresh kaffir lime leaves simmered with ginger and honey.

Restaurant Details

- ❖ Indoor seating arrangement of soft leather
- ❖ Option of open-air seating around the majestic banyan trees in the famous courtyard
- ❖ Ideal place for an evening out with friends and colleagues
- ❖ Restaurant Timings: 06:00 PM - 01:00 AM

Location: Alila Diwa Goa, 48/10 Village Majorda, Adao Waddo, Salcete, Goa 403713

Reservation: Tel: +91 8322746800 / +91 9049993912

spicestudio



A traditional home-style Goan restaurant, Spice Studio serves signature Goan menu offering you a peek into the culturally rich food traditions of this enigmatic state. The interiors of the restaurant are adorned with vintage furniture that preserves the aura of authenticity. Our menu is driven by traditional Goan family recipes and few heritage Indian dishes prepared exclusively by our skilful and experienced Chefs. Some of our signature offerings include Sungta Kismoor, a classic dish prepared with fresh prawns, Baby Back Ribs Dry Vindaloo, Bhendi Caldin, Beetroot Foogath and many more. Our must-haves in the menu include the Singhade ki Tikki - a delicacy from Lucknow, Murgh ka Mokul - a heritage dish from Rajasthan, and Vegetable Mappas - a vegetable stew from Kerala.

Restaurant Details

- ❖ Portuguese style decor with restored furniture
- ❖ Ambience complements a menu driven by old and traditional Goan family recipes
- ❖ Offers curated experiences such as a Masterclass with Chef Edia Cotta, a prominent culinary figure in Goa
- ❖ Private Dining area with a capacity to seat 20 – 22 guests
- ❖ Restaurant Timings - 07:00 PM - 11:00 PM



Bella Bakes

A little artisan bakery tucked away in the beautiful locales of Colva, Bella Bakes caters to everyone with a sweet-tooth. Primarily supplying premium baked products, Bella Bakes has a range of scrumptious home-style western desserts, puddings, cakes and pies. Their speciality lies in making good-quality, reasonably priced, and tasty treats, suitable for any time of the day; like a little lunchtime snack or a special after-dinner dessert. You can treat yourself to some delicious deserts whenever you want! The Bakery also has the option of placing regular orders or for a party, apart from supplying directly to supermarkets, restaurants, cafes and caterers.

The Food

The bakery has a wide range of delicious western style desserts. Bella Bakes aims to use the freshest of ingredients and typical home-style baking processes, all made with lots of fun and love, to bring you a quality product. You will be spoilt for choice starting from Banoffee Pie, Biscotti, Black Forest Gateau, Brownie, Cheesecakes, Éclairs, Millionaires Shortbread and Fruit Trifle, to name just a few - the list is endless and you will keep wanting for more. They are also known for their marvellous English and Continental savoury selection (various meat and veg pies, lasagne and stroganoff, to name a few) supplied directly to the customer.

The People

Bella Bakes is the brain child of home-baker Zeba, who converted her passion into supplying extraordinary sweet and savoury dishes. A constant innovator but still rooted to home-based baking techniques, good hygiene and professionalism. Bella Bakes supplies a wide range of delightful dishes for everyone; from young to old, vegan, gluten-free, Jain and vegetarian, all the way through to meat lovers.

Restaurant Details

❖ Bella Bakes is supplying to **Sho-Faz** (Colva), **Borkar's** (various stores), **Oscar's Junction** (Majorda), **Home Centre** (Varca) **Happy Life** (Colva), and **Magsons** apart from many other restaurants, cafes and caterers

Recommended For

- ❖ Western-Style desserts, pastries, puddings and savouries
- ❖ English, Continental and Italian
- ❖ Veg, Non-Veg, Vegan and Jain
- ❖ Catering for all occasions



Location

Based near Colva (South Goa) but delivering to various supermarkets and eateries across Goa.

Reservation

For placing order, call - 8806527321 / 08322780879

Email: orders@bellabakes.in

Website: www.bellabakes.in



Firefly at Pedrito's, a classic Goan Bistro Bar located enroute Benaulim Beach, offers classic Goan feast and merriment. An amphitheatre styled family owned Bistro Bar, Firefly is an infusion of an urban and casual ambit that creates a pleasant and relaxed venue for guests. It is a place where flavour is uncompromised by generous helpings and where casual elegance means incredible service and friendly people.

The Food

For something entirely refreshing, choose from Firefly's list of modern portions and vintage libations, which have been carefully crafted as a reverent celebration of Goan culinary tradition. Expertly prepared by our chef, it features classics, prepared exactly as they should be, yet with an artistic flair that is entirely refreshing. Firefly strictly serves authentic Goan and Continental food. Guests may try the chicken liver pâté with toast and prawns tossed in butter and garlic from the Continental menu. Or go local and savour authentic Goan delicacies like Fish Ambotik, Vegetable Caldin, Prawn Curry Rice with accompaniments such as Kismur and Tambdi bhaji. Poie with sausages and garlic, and barbecued pork are favourites here.

The People

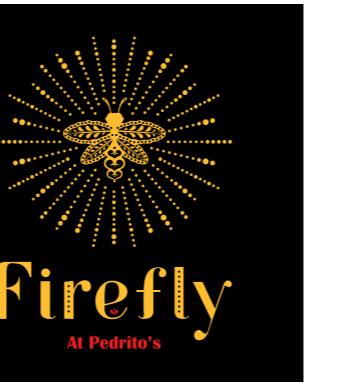
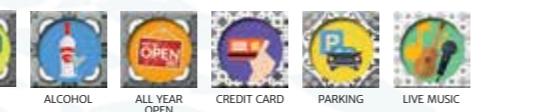
Donovan Vaz, a true Goan, manages the restaurant and the legacy liquor business. Established in December 2012, Donovan diversified into restaurant and lounge with Firefly. The name and the logo is inspired by one of the brands of their family business Cazulo, which incidentally means 'firefly' in Konkani. The entire team at Firefly have made this rustic place into an enthralling and an enchanting hub with great food and music.

Restaurant Details

- ❖ Bistro Bar
- ❖ Serves dinner and drinks
- ❖ Outdoor seating
- ❖ Private Parties
- ❖ Restaurant Timings: 11:00 AM - 3:00 PM and 6:30 PM - 12:00 AM
- ❖ Average meal for two INR 1000

Recommended For

- ❖ Goan Fusion
- ❖ Speciality dishes - Beef Steak and Barbecue Pork Ribs
- ❖ Recommended Cocktails - All the Feni based Cocktails are made with Cazulo. The six speciality cocktails, based on the story of Firefly, and also the crowd's favourite are - Endurer's Tonic, Saude Para Lutas
- ❖ DJ Nights every Wednesday with DJ Ketan, Live Music every Thursdays by TLMP, Main Band Night on Saturdays. Karaoke Night with Emmanuel every Sunday



Location

Ground Pulvaddo, Benaulim Beach Road, Goa 403716

Reservation

Phone: +91 9822123535

Facebook: <http://www.facebook.com/fireflygoa>



The Fisherman's Wharf Goa, is one of the favourite dining places in Goa for the locals and also the tourists. The restaurant captures the vibe and authentic cuisines of the multi-cultural Goan community. The restaurant has its wings spread to the buzzing locales of Goa – right from Mobor where it is set on the banks of the River Sal amidst the Cavelossim village, Panjim where it beautifully resides in an old palatial Portuguese heritage house and Calangute nestled amidst the hustle bustle of the crowded streets of Candolim and Calangute. It is not just a restaurant; it is an ultimate culinary destination that offers great culinary and hospitality experience along with fine ambience.

The Food

The menu in all the outlets serves the most authentic cuisines, cooked with full zeal and passion. The menu is astoundingly delicious which includes cuisines like the King Prawn Recheado, Spicy Prawn Balchao, Pomfret in Butter Garlic Sauce and the Classic Goan Prawn Curry with Rice. The befitting Xacuti with any seafood or meat, Chicken Cafreal served with Goan Poi or Pao make a mind-boggling combination for a meal. To say the least, the authentic Goan dessert that the restaurant serves cannot be missed; along with the famous freshly made Bebinca. The Fisherman Wharf's menu also includes option of Asian, Indian, Continental and Mediterranean cuisines, to completely spoil you for choices.

The People

Established in 2005, The Fisherman's Wharf has become a successful household name. Since years the expert Chefs at the restaurant have been serving the best authentic Goan and seafood cuisines that are cooked using quality and fresh ingredients, and catch of the day. The mix of spices and all the elements create an aromatic aura around the space.

Restaurant Details

- ❖ Casual Dining & Bar
- ❖ Goan, Indian, Asian, Continental, Mediterranean
- ❖ Offers options of Vegan, Gluten Free, and Vegetarian
- ❖ Restaurant Timings: Lunch 12:00 PM - 3:30 PM & Dinner 7:00 PM - 11:00 PM
- ❖ Average cost for two INR 1800+

Recommended For

- ❖ Local delights, Seafood and global cuisines
- ❖ Goan & Seafood - Pork Vindalho, Crab Xec-Xec, Prawn Balchao, Mushroom Tonak, Chicken Cafreal, Pork Amsol, Rawa Fried Kingfish, Goan Sausage Pulao



South Goa • North Goa • Sarjapur Bangalore
• Gachibowli Hyderabad • Calangute Goa



Location

Panjim: H. No.13/139, Campal, Panjim, Goa 403001
Calangute: H.No. 2/35B & 2/35C,
Naika Waddo, Calangute, Bardez, Goa – 403516
Mobor: Mobor Beach, Cavelossim, Goa – 403731

Reservation

Panjim: +91 8888493333
Calangute: +91 9604098888
Mobor: +91 9011018866
Email: info@thefishermanswharf.in
Website: www.thefishermanswharf.in



Nestled in the most beautiful locales of South Goa, the ITC Grand Goa, A Luxury Collection Resort & Spa spreads across an invigorating expanse facing the Arabian Sea. With lush manicured gardens, swaying coconut palms and shimmering lagoons, the resort gives you direct access to the pristine Arossim beach. The resort presents to you 6 signature restaurants, along with multiple venues for bespoke banqueting, special events and weddings.

Restaurant Details

THE ROYAL AFGHAN - SEA SIDE BARBEQUE & GRILL

- ❖ Open-air barbecue grill by the sea
- ❖ North-West Frontier, Barbeque & Grill
- ❖ Wide selection of Kebabs – vegetarian, non-vegetarian, and seafood
- ❖ Restaurant Timings: 07:00 PM - 11:00 PM
- ❖ Seasonal restaurant
- ❖ Average Meal for two cost INR 2000+

KEBABS & KURRIES

- ❖ Heritage Cuisine Of India
- ❖ Great curries and exquisite kebabs
- ❖ Restaurant Timings: Lunch 12:30 PM - 03:00PM, Dinner 07:00 PM - 11:00 PM
- ❖ Average Meal for two cost INR 1200+

OTTIMO - CUCINA ITALIANA

- ❖ Italian trattoria
- ❖ Gourmet pizzas, antipasti with a variety of artisan pastas and cheese
- ❖ Restaurant Timings: Lunch 12:30 PM - 03:00PM, Dinner 07:00 PM - 11:00 PM
- ❖ Average Meal for two cost INR 1200+

TEMPERO

- ❖ Mosaic-patterned floors, high-beamed ceiling, overlooking the Arabian Sea
- ❖ Goan Cuisine
- ❖ Signature Recipes - Tarkarachem Umon with Rice, Chicken Cafreal with Pao, and Fish Curry with Rice
- ❖ Restaurant Timings: 07:00 PM - 11:00 PM
- ❖ Average Meal for two cost INR 1200+



ITC GRAND GOA
RESORT & SPA
GOA

THE
LUXURY
COLLECTION

Location

ITC Grand Goa Resort & Spa, Arossim Beach, Cansaulim, South Goa - 403 712

Reservation

Phone: +91 832 272 1234
Email: Bhim.Gurung@itchotels.in, Binod.Chhetri@itchotels.in



Jasminn Hotel is a very thoughtfully designed plush property. Keeping the décor simple, the hotel has elements that showcase simplicity yet has a distinct touch of luxury. With large spacious dwellings, the hotel offers modern comforts amidst rustic surroundings. The hotel's Melati Restobar is the incarnated all-day dining bar and restaurant, that overlooks the gorgeous pool and beautifully landscaped gardens at Jasminn.



The Food

Melati, a casual dining Restobar serves Goan, Indian, Oriental, and Continental cuisines throughout the year. The Chefs at Melati design a well curated menu for the guests, giving them a feast to remember.

The People

The Chefs at Melati prepare a beautiful spread of local and international cuisines.

The Chef's specials from the Goan and Continental bouquet is a treat filled with authentic flavours. The dishes will tantalize your taste buds cooked with the perfect blend of masalas and the freshest catch of the day. The chef and his team takes on the responsibility of serving the guest with a special curate menu of healthy dishes that serve their dietary needs. Basically, the team can whip up dishes that pleases all palate.

Restaurant Details

- ❖ Special theme nights starting from November to March every year
- ❖ Live Music
- ❖ Option for family get together and private parties
- ❖ Average meal for two cost INR 800 - without alcohol, INR 1500 with alcohol
- ❖ Restaurant Timings: 7:30 AM to 10:30 PM

Recommended For

- ❖ Café and Casual Dining
- ❖ Indian, Continental
- ❖ Goan Seafood made from fresh catch

Location

No.79, Nagwaddo, Betalbatim, Salcete, Goa, 403713, India

Reservation

Contact: 0832 - 2881760 - 63, 0832-2880444, 91+ 8805464000



Image Credit: Grand Hyatt - The Verandah

Casual dining by a clean & serene beach cannot get better than this. Johncy Restaurant & Bar offers tantalising multi-cuisine food along with indoor and outdoor seating, live entertainment, joyous atmosphere, and close proximity to the water sports facilities. Accompanied by a magnificent view, quick service and high quality food, the place is affordable & apt for large gatherings and intimate moments. It can seat up to 200 people.



The Food

Johncy specialises in traditional Goan cuisine and fresh seafood delights along with Indian, Continental, and Chinese flavours. The quality & consistency of the food will take your palette by surprise. The seafood, including tiger prawns, crabs, lobsters, etc., is sourced in-house from their own fishing trawlers keeping the freshness levels up at all times. Dishes like sausage arros, pork ribs, pork chops & steaks, along with some delightful mocktails and cocktails and fresh juices, ensure that the meal at Johncy is a delight.

The People

Launched in 1986, Johncy started off small and has become big after Agnelo John Severes, took over this family business in 1992. Agnelo expanded this culinary venture using the skills & knowledge which he had acquired during a professional course from Agnel Institute of Food craft and culinary Sciences, Goa. At present, Agnelo's son, Ariston Severes, who holds a degree in Hospitality Management from Ecole Hoteliere Lavasa, plans to take the brand forward.

Restaurant Details

- ❖ Open throughout the year.
- ❖ Timings: **Off-season:** 10:30 am – 03:00 pm & 06:30 pm to 12:00 midnight | **Season:** 08:00 am to 01:00 am
- ❖ Average meal for two:INR 1400/- with alcohol & INR 1000/- without alcohol.

Johncy Restaurant And Bar

Recommended For

- ❖ Prawn curry rice, Macreal Rechado & Caramel pudding
- ❖ Ideal for private parties for up to a 100 people
- ❖ Quick service and pleasant ambience
- ❖ Live music on Fridays and Saturdays and Karaoke on Sundays

Location

House No. 1570, Vasvaddo, Benaulim Beach, Salcette, Goa

Reservation

Tel: 0832 2770916 / +91 9822124900

E-mail: johncygoa@gmail.com



Loca at Longuinhos Beach Resort, offers an idyllic view of the Arabian Sea. The revamped restaurant, has a deck and lounge area by the Colva Beach. Great ambiance, food and service, awaits diners at Loca, along with a perfect outdoor open air dining seating.



The Food

We bring to your plate timeless classics like the Tomato Soup with Pesto, Spaghetti Marinara, Mutton Rogan Josh and Pork Vindaloo. This season we are offering the global favourites like the Nutella Blast, Francesinha, Honey Glazed Wings with Jack Danielle's, Crab Pizza, Tenderloin Steak Madagascar, Heavenly Waffle and Churros with Hot Chocolate Sauce. With the Loca touch, sip on our delicious cocktails like the Long Blush, Goan Caipirinha, Pineapple Julep or Pop a Meot and Chandon for your loved once at our Loca Deck, as the evening paints a pretty picture of the setting sun.

The People

The culinary team at Loca curates each cuisine with much love. The emphasis here is to give each guest a unique dining experience, wherein they can relish flavours that are fresh, authentic and become part of their memorable experience.

Restaurant Details

Loca, is a multi – cuisine casual dining restaurant nestled amidst the serene locale of Goa, Colva, facing the Arabian Sea. The restaurant curated menu offers a wide array of vegetarian and non – vegetarian dishes from the platter of Indian, Goan, Tandoor, Oriental, Continental and Thai spread. The all new a la carte menu, provides a delectable mix of traditional and modern food. Longuinhos Beach Resort is known for serving exemplary dishes infused with great flavours, using the finest seasonal ingredients and sourcing the best produce available. They place a great deal of importance on the provenance and traceability of the food, and on using the finest and freshest ingredients at our hotel.



Recommended For

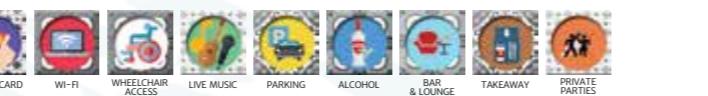
- ❖ Burgers – Fireworks and Nutella
- ❖ Sandwiches, Steaks & Sizzlers
- ❖ Desserts – Banoffee Pie, Churros
- ❖ Happy hours 5 pm – 9 pm
- ❖ Chef's recommendations: Francesinha, Floating Prawn Soup, Bacon Wrapped Prawns, Churros

Location

Longuinhos Beach Resort, Colva Beach, South Goa

Reservation

Connect with us on +91 7447488758 / 7057935474





Located by the dazzling white sands of Utorda Beach, Planet Hollywood Beach Resort will make your stay in Goa, extravagant and memorable. It is a unique conceptual resort having presence in two destinations in the world – Goa, India and Las Vegas, USA. The resort represents a thoughtful contemporary architectural design with hints of Goan low rise built. Its elegant landscapes and intricately designed interiors are magnificent and awe-inspiring.

The food

The property is a subsidiary unit of Las Vegas's Planet Hollywood which was launched in 1992, backed by legendary names - Sylvester Stallone, Bruce Willis, Demi Moore, and Arnold Schwarzenegger. The kitchen includes skilled culinary chefs that make every meal a piece of art, filled with flavours. At this opulent property, you are made to feel like a movie star and you might spot few celebrities while having a hearty lip-smacking specials like Sushi, Crab Cakes, and Roast Chicken, and many more.

THE People

Planet Hollywood was the brainchild of Brian Kestner, an actor/ film producer from Virginia, USA which was further developed and executed with the support of film producer Keith Barish and Robert Earl. The Goa chapter of Planet Hollywood operates under the guidance of General Manager Anand Chatterjee while their enticing menu includes healthy and succulent cuisines, meticulously curated by Chef Sundar Rajan Sundarshan and his team.

Recommended for

- ❖ Luxury vacations
- ❖ Weddings
- ❖ Business conferences

Restaurant details

PLANET DAILIES

- ❖ The restaurant features a delectable buffet serving International, Far East Asian, and Indian cuisines for breakfast, lunch and dinner along with an a la carte menu loaded with garden salads, gourmet sandwiches, wraps and local curries.
- ❖ Timings: Breakfast: 07:00 am to 10:30 am; Lunch: 12:30 pm to 03:00 pm; Dinner: 07:30 pm to 11:00 pm
- ❖ Average meal for two: INR 2000/- (approximately)

FAME

- ❖ The curated menu at Fame offers a unique array of grilled seafood, varied choices of cuts of meats and vegetables along with Asian stir fries. The Chef chooses the finest ingredients from the hotel garden to cook up the finest vegetarian menu. The restaurant also offers reservations for intimate dining experience, private parties with the provision to turn the restaurant into a dance floor. The experience at the bar is thrilling, with the most delicious cocktails perfectly paired with an assortment of sushi and sashimi.
- ❖ Timings: 12:30 pm to 03:00 pm and 07:30 pm to 11:00 pm
- ❖ Average meal for two: INR 2500/- (approximately)

POSEIDON'S COVE

- ❖ This beach side grill offers a relaxed and cheerful ambience that gives you the opportunity to have a scrumptious hearty meal while absorbing the perfect view of the ocean. Watch the waves roll in while you sip on our signature cocktail, along with some delicious platters of our unique Poseidon's Plank, Poseidon Roll or Prawn Shumai.
- ❖ Timings: Open on all 7 days and timings are: 1100 hours to 2300 hours
- ❖ Average meal for two: INR 2500/- (approximately)

HEART BAR

- ❖ This eclectically designed high energy bar features a large selection of vodkas, an array of other spirits, a soothing ambience, a giant screen, and enthrallingly talented bar artisans.
- ❖ Timings: 11:00 am to 11:00 pm
- ❖ Average meal for two: INR 1500/- (approximately)

Location

Planet Hollywood Beach Resort, 30/3, Acsona Waddo, Utorda Beach, Salcete, Goa

For reservations

Tel: 0832 6751000
E-mail: fbm@planethollywoodgoa.com
www.planethollywoodgoa.com



From offerings of the Far East to piquant flavours of the Goan soil, the food served at Planet Hollywood Goa is bound to make you feel like a star



Sweet Dreams is a bakery nestled amidst the beautiful premises of Goa Woodlands Hotel. The hotel being an ideal halt for both leisure and business travellers, it offers most beautiful looking and tempting desserts from its bouquet of sweets and savoury menu.

The Food

The menu includes the sweet flavours from the sweet legacy of Goa. Sweet Dreams Bakery has crafted the best of the olden Goa recipes which can be cherished by all. From the savouries to desserts to custom made cakes, find the hidden treasures to the forever classics here. The bakery specialise in wedding/designer cakes and also serve delicious savouries. They also have the option of placing orders online.

The People

The pastry Chef and his team create magic in the kitchen. They have skills that fashion the most gorgeous looking designer cakes; the most scrumptious cupcakes, brownies, cookies, and many more mouth-watering desserts and snacks.

Restaurant Details

- ❖ Bakery
- ❖ Five outlets in Margao - Navelim, Davorlim, Aquem, Borda and Goa Woodlands Hotel in Margao
- ❖ Restaurant Timings: 08:00 AM – 09:00 PM
- ❖ Average meal for two cost INR 200+

Recommended For

- ❖ Desserts, Savoury, baked products
- ❖ Breakfast
- ❖ Designer cakes
- ❖ Orders for private parties

Location

Miguel Loyola Furtado Road, Opposite City Bus Stand,
Margao Goa 403601

Reservation

Phone: 0832 2715522 (4 lines) , +91 9890613085

Email: contact@sweetdreamsbakery.in

Website: <http://www.sweetdreamsbakery.in>

Facebook: www.facebook.com/SweetdreamsGoa



The Chikoo Tree Project is a bistro in Margao. The inspiration comes from the food the owners grew up savouring under the shade of a large chikoo tree. Everything here is meant to be like home. It is all about comfort and that homely feeling, after all. The restaurant also has a pet café with a special pet menu where one can enjoy a meal with their pets.



The Food

The food here is an interesting combination of flavours, many of which are locally inspired. The Ragi Dosa is the signature dish and is served with wholesome stews. Menu offerings also include Momos, Thukpa, Kathi Wraps, Hasselback Potatoes, Sandwiches, Pastas, Salads, Curries, Desserts and gourmet Coffees and Teas. The daily changing specials board displays exciting options. The bistro is also a proud home for a pretty kitchen garden. Regular food pop ups are organised to encourage home chefs to bring their most loved cuisine to the table for all to savour.

The People

The restaurant is run like a home and we are a family comprising of Arya, Anand, Trupti and team, who come together to bring the magic alive.

Restaurant Details

- ❖ Pet friendly café with grooming parlour for pets
- ❖ Open from 10 a.m. to 10 p.m. Closed on Mondays
- ❖ Average meal for two: INR 800



Recommended For

- ❖ Comfort food
- ❖ Birthday/ Kitty/Office parties of up to 30 guests
- ❖ Health/Organic food (grown in kitchen garden) | Gluten free/Lactose free options
- ❖ Board games and drawing/painting books and equipment available to bond over
- ❖ Live band on weekend

Location

#85, Dr. Miranda Road (Lane behind Nanutel), Margao – 403601, Goa

Reservation

Tel: +91 99200 64597



4 Seasons

Goa Woodlands Hotel, Opp Miguel Loyala Road, Margao 08322715522/23/24/25

Multi Cuisine

49er's Restaurant & Bar

Hotel sea coin. Colva Beach. Colva 0832 2781250 / +9196577 04531 / 0832263964

Indian. Goan. Chinese

Adega Camoens

Taj Exotica, Calwaddo, Benaulim, Salcete 91 8326683333
Pub

Alila Diwa

48/10 Village Majorda, Adao Waddo, Salcette, 8322746800

Multi Cuisine

Aquarius

Kenilworth Resort & Spa Utorda, Salcete, Goa 91 8550993289

Café

Balton's Multicuisine Restaurant

Utorda Beach, Next to Hotel Kenilworth, Utorda, 91 9763486622

Multi Cuisine

Bella Bakes

Colva Seraulem, Margao - Goa 9909169220

Bakery. Cakes. Pastries.

Benaulim Brasserie

Vasvaddo, Benaulim 8326726100

European. Indian

Bistro

Alila Diwa Goa,48/10 Village Majorda, Adao Waddo, Salcette, Goa +91832 2746800

Modern European

Café Ian

Palolem beach 91 7507322799

Café

Café Succorina

Joecons Beach Resort. Benaulim 0832 6723333/2770099

Café

Canacona

The Lalit Golf and Spa Resort, Rajbhag

Canacona

8322667777

Bar

Carbon & Steel

Goa Woodlands hotel, Opp. Miguel Loyola Road, Margao

08322715522/23/24/25

Café

Carpe Diem Art Café

H.no 8/12. Godinho House, Gomes

Vaddo,Majorda

08322881035/8888862462

Multi Cuisine

Casa Fiesta

Next to Palolem Beach,Patnem Beach

91 9823928548

Mexican. Indian. Chinese. Tandoori. Seafood

Casa Lisboa

Haathi Mahal, Cavelossim

8322871101

Multi Cuisine

Chicken Planet

Kakoda, Vodlemol Cacora

91 9823578966

Fast-food

Chinoa

Chi:Noa Kitchen, Besides HDFC Bank,

Airport Road, Vasco

+919881471898 /+91 7887874488

Multi Cuisine. Fusion

**Coconut Creek Restaurant**

Bitumward, Bogmalo, Vasco

08322538090/100/800

European. Italian. Goan. Oriental

Cupid Castle Restaurant

Near Main Parking, Palolem Beach Road

8322643326

Multi Cuisine

Fame

Planet Hollywood Beach Resort, 30/3,

Acsona Waddo, Utorda Beach, Salcete, Goa

91 8326751000

Western. Asian

Fig & Olive

Holiday Inn Resort, Cavelossim

8322870000

Mediterranean

Firefly Goan Bistro Bar

Varca Benaulim main road, Close to benaulim

petrol pump.Benaulim

91 9822123535

Goan. Continental. Multi Cuisine

Fisherman's Bar & Restaurant

Palolem Beach Road

91 9823696458

Multi Cuisine

Fisherman's Wharf

Mobor Beach, Near Holiday Inn, Cavelossim

08322871317/9011018866

Goan. Seafood

Four Seasons

Goa Woodlands Hotel, Opp Miguel Loyala Road, Margao 08322715522/23/24/25

Indian

Gawins Restaurant

NH 17 Bypass, Cansaulim Road, Verna

91 9822177179

Fast-food

Gigis Park

Opp Royal Goan Beach Club, Benaulim, Goa

+91 98902 63418

North

Indian, Chinese, Goan, Seafood, Continental

Goodyland

Hotel La Paz Gardens, Vasco Da Gama

08322512121/22/33

Indian

Heart Bar

Planet Hollywood Beach Resort, 30/3,

Acsona Waddo,

Utorda Beach, Salcete, Goa

91 8326751000

Bar

Hill View Bar & Restaurant

Xeldem, Quepem

91 9764631243

Multi Cuisine

Joe's River Cove

Ferry Road, Cavelossim

+91 9890028818

Goan. Indian. Chinese

Joecons Beach Shack

Joecons Beach Resort, Benaulim

91 8326723333

European. Seafood. Indian. Chinese

Joecons Garden Restaurant

Joecons Beach Resort, Benaulim

91 832 6723333

Multi Cuisine

Joet's

H.No. 121, Bogmalo beach, Vasco da Gama

91 8322538036

Goan. Multi Cuisine

John Seagull

Near Hotel Park Plaza, Bogmalo 919860269849/8322538964

Multi Cuisine

J The Top

Utorda Beach Road, Utorda

91 9637091829

Indian & Goan

Jamaica Inn

Hotel Haathi Mahal, Cavelossim

08322871101/02

Multi Cuisine

Jasmin Hotel

No.79, Nagwaddo, Betalbatim, Goa 403713

0832 288 0444

Goan. Indian. Oriental. Continental

JJ's Flaming Grill

Fatima Ward, Near Fatima School, Q Uepem

Taluka, South Goa District, Rivona

91 7066130131

Multi Cuisine

Lobby Bar

Kenilworth Resort & Spa

91 8550993289

Bar

Longuinhos Beach Resort, Loca

Longuinhos Beach Resort, Colva Beach,

Salcete,

08322788068/69

Multi Cuisine

Magic Italy Authentic Restaurant & Pizzeria

Palolem Beach Road

91 8805767705

Pizzeria

Mallika

Kenilworth Resort & Spa

91 8550993289

Indian Bar

Martin's Corner

Binvado, Betalbatim

08322880413/+918308838390

Multi Cuisine



Oshiana Garden Restaurant

Pock wado, Betalbatim, Goa
919822985597/919422454232

Seafood

Palm Garden Restaurant

Palm Grove Cottages, Benaulim
08322770059/2771170

Continental. Goan. Indian. Seafood

Palms

Park Hyatt Resort & Spa, Arossim Beach,
Cansaulim, South Goa
+91 832 2721234/ +91 9923200517

Multi Cuisine

Pentagon Restaurant

Majorda Beach Road, Opp. Majorda Beach
Resort, Salcete
08322881402/+919822142702

Continental. Goan. Indian. Italian

Peter & Pub

Utorda Beach Road, Utorda
91 9922909432

Bar

Planet Dailies

Planet Hollywood Beach Resort, 30/3,
AcsonaWaddo, Utorda Beach, Salcete, Goa
91 8326751000

International. Far East Asian. Indian

Planet Hollywood Beach Resort

Planet Hollywood Beach Resort, 30/3,
Acsona Waddo, Utorda Beach, Salcete
8326751000

Multi Cuisine

Portofino

Kenilworth Resort & Spa, Utorda, Salcete
91 8550993289

European. Multi Cuisine. Goan. Chinese

Rangoli

Goa Woodlands Hotel, Opp Miguel Loyala
Road, Margao
08322715522/23/24/25

Veg

Regency

Hotel La Paz Gardens, Vasco Da Gama
08322512121/22/33

Continental. Goan. Indian. Seafood

Remos Bar & Restaurant

Assolda, Goa
91 9923392200

Multi Cuisine.

Sagar Kirana Bar & Restaurant

Colva Beach Resort, Colva
08322780479/+919890170179

Goan. Indian. Chinese. South Indian

Sake

The Zuri White Sands, Pedda, Varca
8322727272

Japanese. Thai. Chinese

Sea Hawk

Kenilworth Resort & Spa, Utorda, Salcete,
Goa
91 8550993289

Goan. Oriental. Portuguese. Seafood

Sea View Restaurant

Near Patnem Beach
91 9850477147

Multi Cuisine

Sheela Restaurant

Opposite St. Jacinto Island, Vasco Road
+91 8322555675 / +91 9049158277

Traditional Goan. Seafood

Silver Sands

Hotel Silver Sands, Goa
08322788099/100/102

Seafood

Siricco

The Lalit Golf and Spa Resort, Rajbhag
Canacona
9832 2166 7777

Mediterranean

Spice Studio

Alila Diwa Goa, 48/10 Village Majorda, Adao
Waddo, Salcette, Goa
91 8322746800

Indian. Goan.

Spicy Family Restaurant & Bar

C/o Panchsheel Hotel, Near Hari Mandir,
Margao
08322726895/+919767898487

Multi Cuisine

Sunken Bar

Kenilworth Resort & Spa, Utorda, Salcete,
Goa
91 8550993289
Bar

Sweet Dreams

Goa Woodlands Hotel, Opp Miguel Loyala
Road, Margao
91 8322715522 / 083800 86724
Chinese

Taj Exotica

Taj Exotica, Calwaddo, Benaulim, Salcete
8326683333

Multi Cuisine

Tato's Fine Dining

Opp. New Collectorate, Margao
8322758590
Goan. Indian. Chinese

Tavir

The Sapphire Comfort Hotel, Margao
91 82089 04316
North Indian. South Indian



The Avenue

Opp. St Pius X Convent School, Orlim.
Salcette
0832 284 4022
Mexican. Indian. Chinese. Tandoori. Seafood

The Bougainvillea

Kesarval garden Retreat, Verna plateau,
Cortalim
0832278344/+919370275563/08322782
888

Multi Cuisine

The Chikoo Tree Project

#85, Dr. Miranda Road (Lane behind
Nanutel), Margao
+91 99200 64597

Multi Cuisine

The Garden Restaurant La Ben Resort,

Colva Beach Road, Colva
91 8379043188
Indian. Goan. Chinese

The Leela Goa

The Leela Goa, Mabor Cavelossim, Salcete
8326621234

Multi Cuisine

The Palms Coffee Shop

Kenilworth Resort & Spa, Utorda, Salcete,
Goa
91 8550993289

Coffee Shop

The Restaurant

The Leela Goa, Mabor Cavelossim, Salcete
Goa
91 8326621234

**Continental. Mediterranean. Pan Asian.
Indian**

Upper Deck

Radisson Blu Resort, Cavelossim Beach,
Salcete
91 8326726666
Westen. Indian

Vasco Square

14/21/B Next to Dr. Shrikant Vernekar
Building, Fr. Jose Vaz Road
Vasco Da Gama
08322500644/+918308219617
Multi Cuisine

Village Nest Family Restaurant & Bar

Xeldem, Quepem
91 7057421670

Multi Cuisine

Viva Goa

Colva Junction. Next to Lion's club,
Sernabatim, Colva
08322788172/+919822483868

Multi Cuisine. Seafood. Goan

Welcome Restaurant & Bar

G4, Kamakshi Ramnath Plaza, Near Civil
Court, Quepem
8322663257

Multi Cuisine

Woodlands Hotel

Opp City Bus Stand, Miguel Loyola Furtado
Road, Margao
+91 8322715522 / 23 / 24 / 25

Multi Cuisine

Xaxticar's

Utorda Beach Road, Utorda
91 88309 56931

Multi Cuisine

FOOD FILES



Lost CULINARY HERITAGE of Goa

By Anuja Mavinkurve



The tiny western state of Goa is distinctly diverse from the rest of the country in terms of food, culture and even history. While British rule was firmly entrenched in the rest of the country, Goa agonized under the Portuguese rule.

The long Portuguese rule had a significant impact on the Goan life, essentially in their cuisine. Goan culinary history is axiomatically demarcated into the pre-Portuguese and the Portuguese era. The Portuguese can be credited to play a colossal role in significantly changing not only the Goan but the entire Indian food scene. How, you may ask. It is they who introduced potatoes, tomatoes, pineapple, cashews, kidney beans (rajma), red chillies, green chillies, bread, vinegar and various types and cuts of meat to the Indians. Come to think of it that only in the last five hundred years have we been consuming them and yet they are distinctly such an intricate part of the Indian cuisine!



The history behind Goa's exclusive Cuisines

Goan cuisine is notably divided into Christian Goan cuisine, Hindu Goan cuisine and the Muslim Goan cuisine. The cuisine broadly is based on four important elements; sweetness, sourness, spice and salt. With the introduction of vinegar, Christians generously use it to get the tangy flavour, while the Hindu Goan cuisine makes use of the traditional tamarind and the locally grown, kokum. The food, the Muslim Goans eat seems to be largely influenced by the food commonly consumed in the region. Fish and rice form a part of their staple diet, and sea food is preferred over goat meat. Some indigenous ingredients like Teppal or Teppal, Kokum (*Garcinia Indica*), the tangy Bimla, Tamarind, Toddy, Galmo (dried baby shrimp) and Coconut are predominantly important in Goan cuisine.

The distinct flavour of the Goan cuisine is also due to the traditional cooking methods that were used by the Goans. Earlier, you could see clay pots placed over wood fire, spices were hand pound and ground and the food was slow cooked in pots. Breads were made from fresh toddy instead of the yeast, making them lighter, airier and keeping them fresh longer. A Varn (grinding stone) was used to grind pastes, a 'Dantem' (hand mill) for grinding Cereals and Grains and Brass utensils for making desserts. The ancient practice of burning coconut coir husks also gave a distinctive smoked flavour to Goan food. The food was lovingly served with ladles made with coconut shell on banana (plantain) leaves. With the advent of modern kitchens and conveniences, the traditional methods have made their way out of a Goan home.

The Jesuit missionaries and nuns who accompanied the Portuguese, brought with them a treasure trove of recipes. The Portuguese were superior seafarers of their time and with multiple colonies under their rule, their cuisine was an amalgamation of their own and the colonies'. When they came to Goa, the cuisine underwent a major change and modifications had to be done to their recipes to accommodate local



flavour and ingredients. Many traditional recipes of the locals and the Portuguese were modified or lost in the bargain due to mutual influences on each other's cuisine. As time passed by, some elaborate and time-consuming recipes too succumbed to the vagaries of time, simply because of busier lives.

They brought Chillies, Capsicum and Kidney beans from South America, Cashews from the New World and cooking techniques from Brazil and Mozambique. Somewhere down the line, the role of the Portuguese colonies in the diversity of Goan cuisine has been greatly overlooked.

The Unique Recipes of Goa that are just stories now

The glorious Chicken Cafreal, which is grilled chicken marinated in coriander, chillies, cinnamon, garlic, and lime juice, is believed to have its roots in the Mozambican 'Galinha Piri-Piri'. Piri-Piri is a fiery, hot, small chilli, similar to the Bird's Eye chilli.

Likewise, Sorpotel, a popular Goan pork curry, is said to have evolved from the 'Sarapatel' devised by the African slave community in Brazil. Originally, the dish started out as a pork, sausage and blood stew called 'Sarrabulho' made in Minho, northern Portugal. It crossed the Atlantic with Portuguese invaders and landed in Brazil, where African slaves added offal, chili, onion and tomato, and changed its name to sarapatel. The rich and spicy stew was modified as a way to use up the undesirable offal and blood. Cooked in vinegar, the stew would last much longer than normal, proving beneficial when traveling on long journeys. After the Portuguese introduced sorpotel, it was quickly adopted and modified

by the local Goans. The wine was replaced by toddy vinegar, a vinegar obtained through the natural fermentation of coconut palm sap. Using pig's blood is rare now, so most households achieve the deep brick-red colour using ground dried Kashmiri chilies. Sorpotel usually contains cumin, garlic, ginger, cinnamon, pepper and cloves and is rarely made with tomato. Some modern-day cooks leave out most or all of the pigs' offal, using only liver and pork meat, while others add Feni, a coconut or cashew liquor. Like vindaloo, it contains chilies and a lot of vinegar, which acts as a preservative as well as adds sourness. Once this rich stew is cooked, it is left to mature for several days before it can be served.

The predecessor of today's Vindaloo is Carne de Vinha d'Alhos, made with salted pork, wine, vinegar and garlic. The local influence added cinnamon, cloves, cumin seeds, coriander seeds, pepper and toddy vinegar to the tangy curry. It was cooked in a traditional way in a clay pot, which was covered with another pot with water in it. This technique helped retain the moisture in the meat, making it softer. Tragically, no one knows the original Portuguese recipe accurately, as there was no written documentation done for it. Recipes were passed down to generations simply through word of mouth. Carne de Vinha d'Alhos recipe available today, is the closest to the original.

Halfway between a pickle and a curry, 'Balchao' is a delightful mouth-puckering concoction of tomato, onion, vinegar, chili and spices, usually made with either prawns or pork. Once cooked, Balchao can last for





several weeks. It is thought to have come from Macau, which was once under Portuguese control, although it may also be related to the family of Southeast Asian shrimp-and-chili pastes with names like Blacan, Balachan and Belacan. Indian modification included the addition of local spices like cloves, pepper, cumin seeds and cinnamon, to get Balchao that we have today.

Many recipes have not withstood the test of time, simply because they are too elaborate, labour-intensive and time-consuming to make for the busy working households. Earlier, joint families meant many hands to prepare meals, and with the advent of nuclear family setup, valuable labour for these recipes is lost. Though these recipes are still being made in selected households and even restaurants, it is not like how it used to be.

Some of them are Aard Maas, a robust and tangy pork bone curry, Galantine De Galinha, which is a hearty mix of chicken with jelly and vegetables, Kazaracho Stew, a hearty stew made of pork sausages or chorizo, beef and lots of vegetables, Goan Vonn, a thick, sweet porridge made with chana dal, jaggery, coconut milk and cashews. The porridge is made especially during Lent, Sao Joao or before weddings during the family lunch or bhikra jevonn. Rissois de Camarao, a crusty fried shrimp savoury, which is crisp and appetizing and Apa de Camarao, a Prawn pie made with fermented rice dough and egg yolk are flavourful and rich in taste. Batter consists of rice (soaked for several hours) and grated coconut ground with palm toddy. Sugar, salt and egg yolks are added and the mix is allowed to rise for some hours. Batter is then divided into two parts: one poured into the baking tin. Over this, a semi-spicy prawn stuffing (small prawns cooked in sautéed onions, tomato, garlic ginger paste,

pepper corn and dry chillies) is poured, and then again covered with the remaining portion of rice and coconut batter and baked. A delicacy only a few know to prepare. The delicacy is extremely time-consuming as the dough takes long to ferment. These delicacies are still being made in Goa, but not like how they were made before.

Most gourmands are well-versed with the popular meat and seafood-centric Goan Catholic cuisine, which has been popularised by shacks and restaurants alike in Goa. However, not many are familiar with the bounty of the versatile Goan Hindu cuisine, which holds its own with a unique and distinct palate.

What made those Recipes unique?

The Goan Hindu cuisine differs markedly in taste and the ingredients, adding another dimension to the Goan cuisine as a whole. Based on the Goan food elements of sourness, sweetness, spice and salt, the ingredients used differ from the Goan Christian fare. Instead of vinegar, tamarind and kokum add a dose of sourness. While, the fish curries have Teppla or Teppal for that peppery pungent aftertaste, coconut remains the base for the vegetarian and non-vegetarian curries.

The Goan Hindu community comprises of Saraswat Brahmins, Daivadnya Brahmins and other Brahmin communities like Karhades and Chitpavans. The Goan Hindu cuisine seamlessly unifies ingredients that are easily available locally with traditional homemade masalas. Tefal or Tirphal (Sichuan pepper), Bimli (a berry from the cucumber tree, which is used as a souring agent), Byadgi chillies, Tamarind, Bidna (a summer fruit used for souring curries), Ambade (hog plums) and Coconut cream and milk are

some of the core ingredients that set this cuisine apart from other Goan cuisines. Goan Hindu cuisine, which abounds in Shivrak or vegetarian fare also has an extensive variety of seafood and meat delicacies.

With elaborate and time-consuming procedures, many recipes have been slowly pushed in the backburner by the busy, working generations. Sweets form an integral component of their meal and some excellent dessert recipes have bitten the dust. One of them is Bot Nevryo Kheer, a thick porridge-like consistency kheer made with tiny coconut-jaggery stuffed nevryos with coconut milk and jaggery. Nevryos are grated coconut and jaggery stuffed samosa-like sweet fried snack. Gavalya Kheer is another forgotten dessert, which has tiny refined flour crispies, which are dried under the sun, to get its crispness and then added to a coconut milk, jaggery and cardamom powder porridge. Jibruti Kheer requires soaked puffed rice and rice grains overnight, ground in the morning and tiny balls made out of that batter. The flour balls are then fried crisp and added to a rice flour, melted jaggery and coconut milk mixture.

Kheers or sweet porridge was also made of wheat grains. The wheat was soaked overnight and hand-pound in a mortar and pestle to make it into a coarse powder. This wheat powder was roasted in clarified butter, cashews, jaggery and coconut milk. The Wheat Kheer used to be a staple at the Hindu festival of Janmashtami. Today, with the advent of modern kitchen appliances, mortar and pestle have vanished of the shelves and a quicker way of using 'Lapsi' or broken wheat is implemented.



Sevya Ros, rice noodles dipped in sweet coconut milk, is also in the throes of obscurity due to its lengthy procedure. Rice has to be soaked the previous day, ground and fermented overnight and made into thin noodle-like strings using a mould. The strings then are steamed and served with a thin concoction of coconut milk and melted jaggery. A host of interesting accompaniments like Papad Kismoor and Yam Kismoor have also moved off the tables.

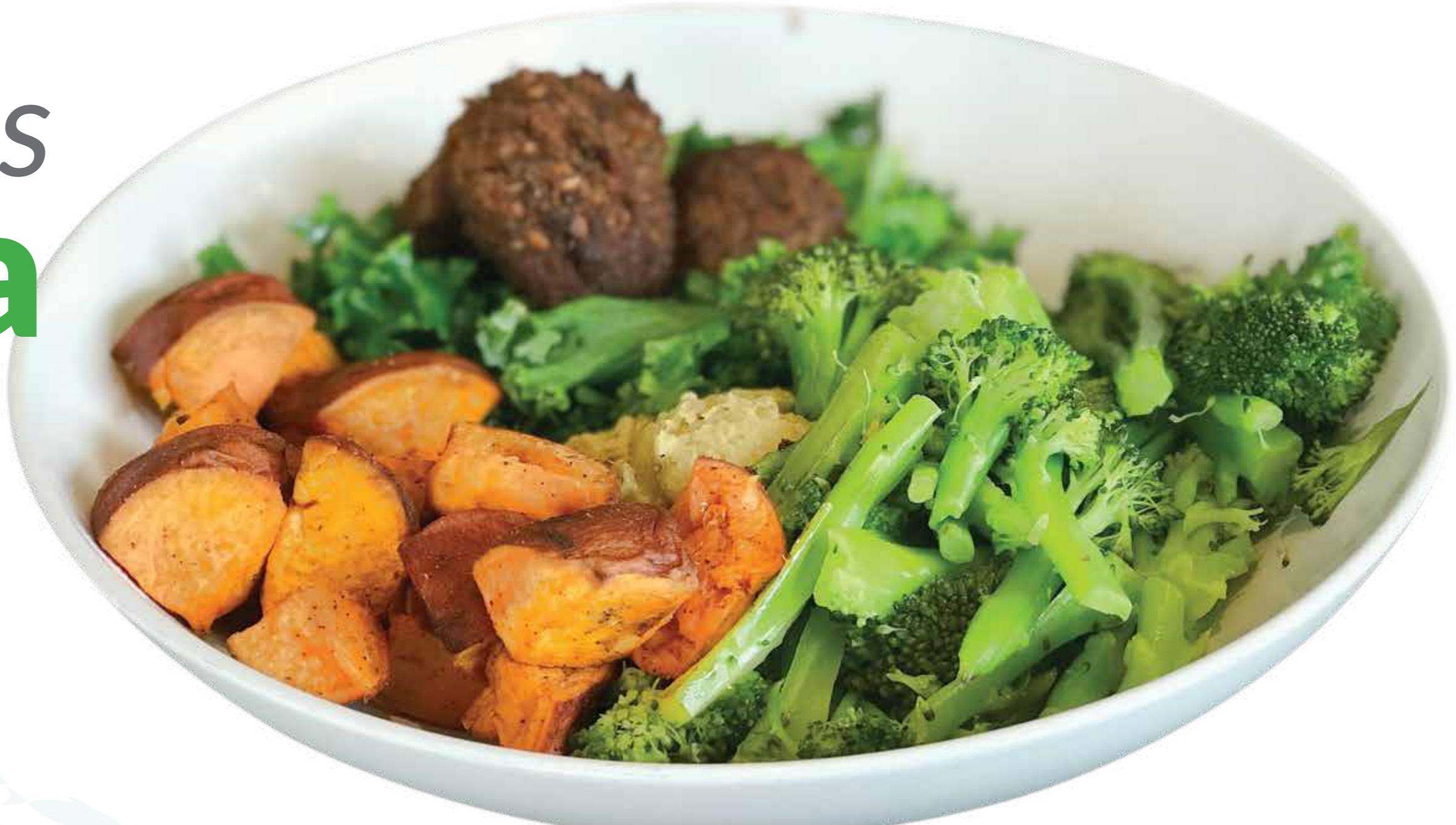
Like the ones mentioned above, there are a horde of rich, traditional recipes, which are in the throes of obscurity. With the world being a global village, people are travelling the world like never before. Along with travel, they are experimenting with cuisines from all over the world and even adapting them as per their taste. And somewhere in our quest to become a global citizen, our rich culinary heritage is paying the price.



Organic food trends in Goa

Goa's tryst with organic food,
clean eating & farm-to-table
gastronomical delights

Text: By Shobhika Jaju
Images: Stock Images



Over the past few years Goa has been witness to emerging trends in the healthy eating domain. Be it a fad with clean eating, a rise in the market for organically grown produce, or artful representations of food served with its raw essence intact at certain restaurants specializing in farm-to-table dining, this food haven has seen it all. And this trend doesn't seem to be going away anywhere; instead is here to stay, it seems, for good. Let's understand what's really going on when we use the terms, organic, clean eating or farm-to-table & why is it relevant to Goa now, than ever before.

When we say that an item is organic, it primarily means that the product has been grown in an ecologically sensitive manner and is free from pesticide use. With the increased influx of pesticide laden, artificially ripened veggies and fruits, it was in fact just a matter of time before those living in Goa (much like friends & family in metros) also imbibed the pattern of eating produce grown sustainably. Throughout the year and across the state, there are farmer's markets or sustainable products' fairs being organized by organic food enthusiasts who want to promote the use of these items among the local community. In a way we are acknowledging the age old practices of letting nature do its job and accept its bounty on face value rather than adhere to artificial means of producing consumables. Goa in fact, serves as the perfect backdrop for



organic products with its rich natural diversity which is highly conducive to the production of food grown with some love and hard work.

Now that we are clearer about what is organic produce, let's find out where & how we can satisfy our cravings for some wholly natural products. The most popular organic produce markets around Goa these days are the Goan Farmer's Market, & SULIMARK which keep happening in the north and south, periodically. But other than these temporary markets, several stores in Goa, now identify as organic stores. Some of the more popular and easily accessible ones include the FabIndia stores for its wide range of organic grains, millets, ghee, spices, pickles, oils, jams, etc. Of course, organic variants of jaggery, pulses, oils, and more are now easily available at popular general stores like Newtons, Magsons & Borkars. Another organic trend that's caught up among Goans is to grow one's own veggies and fruits at home. Frequently enough, there are workshops on organic farming at home, extracting oil or making spices from whole nuts, etc. One can connect with several home based 'farmers' at the organic markets organized periodically. And well, not only the daily staples but the humble coconut has also found its organic counterpart in local brands like Narla, which offer a range of coconut products like the quintessential oil & flour, all grown & manufactured in a sustainable manner without the use of pesticides. While talking about



Growing one's own veggies is a creative way of going the organic way

organic, how can we forget organic chocolates? These chocolates are manufactured from cocoa beans which are organically grown and instead of being manufactured at big factories in machines are manufactured by hand using natural sweeteners & herbs for flavouring & are often even wrapped individually in paper and other eco-friendly materials. There are many a home bakers spread across the state who source organic chocolate from vendors for their sweet delights.

The idea of clean eating, goes beyond just eating organic. It's about embracing a lifestyle that consists of eating food which is as close to

its true form as possible and keeping processed food as far away from the diet as possible. The concept honours food items for what they truly are with the least amount of cooking, few seasonings, and few, if any, additives, all with the aim of honouring the real flavours & textures of the items being consumed. For instance, refined sugar is seen as a major threat to the idea of clean eating, instead jaggery or sugar in its other raw forms is being promoted as a healthy option. The fad of clean eating has slowly caught up among the denizens of Goa, and the mushrooming of nutritionists as well as an awareness about healthy diets has contributed further to this trend. We see more & more people



Opt for healthy fruit & vegetable juices in an attempt to eat clean

opting for sugar-free, gluten-free, dairy-free, or vegan diets. The easy availability of such dishes at restaurants in Goa has also helped create awareness about the same. One such place which comes to mind that really honours the true essence of the food served is The Chikoo Tree Project in Margao which not only has food dishes but also an interesting mix of mocktails based on this concept. Amrapali, House of Grace in Velha is another such place that features food cooked with great care at preserving its natural flavours.

In line with the concept of organic produce & clean eating, is the whole thought behind the farm-to-table dining. The idea here is to source food locally, from local farmers and areas close to one's place of residence. Shipping in food from far off places has its share of drama in terms of the quality of the products, is pesticide laden to increase its shelf life, and so on. So, chefs at prominent resorts in Goa are opting for produce sourced from local markets and hotels who have the land are increasingly growing their own veggies & fruits. Cabo Serai, a luxury eco-stay property at Cabo de Rama, is lucky to have its own coconut groves and cashew plants and strongly believes in the concept of farm-to-table; even the seafood served at the restaurant is directly sourced from local fishermen and if it's not local, it's not on the menu. More & more people are opting for the traditionally baked Goan Poi which is an inherent part of Goa's culture, rather than the factory manufactured versions of the same. There is also an increased awareness about including fruits & veggies which are grown locally and/ or are native to the Konkan region, as part of the diet.

If you are not yet on it, here are some quick tips to get on the bandwagon of organic, clean & farm-to-table eating.

- ❖ Opt for brands which promote organic produce
- ❖ Choose wholesome natural foods & avoid consuming processed food items like chips, refined sugar, biscuits, & the like
- ❖ Cook food as per traditional methods & avoid adding too many spices to the dishes you are cooking
- ❖ Instead of binging over one or two meals, eat frequent small bites throughout the day
- ❖ Make locally grown fruits & veggies a part of your diet rather than hunting for exotic & imported ones

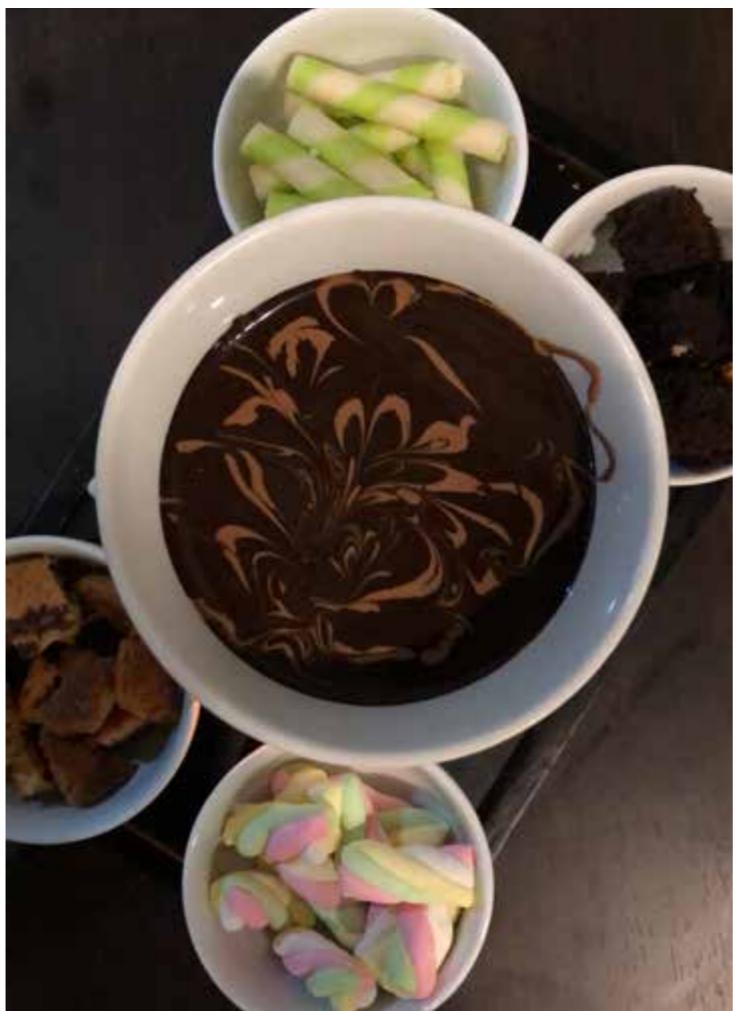
Ultimately, eating clean, consuming organically grown products & sourcing local ingredients is more of a lifestyle choice than a passing fad, and you have to commit to it whole heartedly to reap maximum benefits out of it. And with Goa totally on the map for this trend in eating patterns, this shall not prove to be a challenging task.

Food Trails

Food-filled adventures through the by-lanes of Goa

By Dr. Kuheli Bhattacharya

Images: Stock



So, you get a craving for sugary sweets, and are looking for some delicious desserts!

Now, imagine going to every famous café or bakery in the city, and trying out their specials, and an opportunity to sample 15 desserts like Goan Bebinca, Belgian Waffles, Red Velvet Cupcakes, Miso Brownies, Salted Caramel Macarons, etc. Eating your way through 15 desserts from cafes in Panjim just costs you just Rs 300!

Intrigued enough?

Well, that's exactly what we did on December 18 2018, at the Panjim Dessert Trail. Fifteen foodies from Goa went on a sugar marathon through the by-lanes of Fontainhas, the bustling Panjim Market Area, residential lanes of Caranzalem, in search of the best sugary delights. And then we split the bill, between 15 of us, sharing the experience, the cost and the calories.

That is how I started 'Foodie Trails' - random, unique, food-filled adventures through Goa - a foodie's way to get to know your city.

As a food enthusiast, I find that 3 meals a day is too less to try at every restaurant in Goa, and I live here! So, I can well imagine when a foodie visits Goa, and how overwhelmed they must get on seeing the choice of food available here.

Here is my solution for every foodie who is in town – eat breakfast at three different places, or dinner at 5 different places! How's the deal? If Bar hopping can be a thing, why can't breakfast hopping be an option?

All you need to know about Food Trails

Food Trails combines the best of two worlds - fast travel and slow travel. Fast travel is when you go through a tourist place on a schedule that allows you to experience more in a short period of time. The guided tour buses give you 15 minutes to explore any tourist spot, before moving to the next destination. Sure, it is hectic, but at least you get the value for your money.

As per the trends in travel, the world is moving towards slow travel. An agenda-less slow meandering through the lanes of the city, or just sipping beer for hours on a beach watching the tide, and the sunset and moon rise, is the new way to enjoy a place.

A food trail is definitely not slow, it is hectic, adrenaline drive to eat in as many places that one can, and there is definitely an agenda and a schedule. But, one of the important parts of slow travel is experience the local flavours, and interacting with locals, and that is definitely what





a food trail is about – interactions with the people.

My Food Trails are called 'Foodie Trails' because it is all about the food lovers and the food. It's a sort of a get-together of food enthusiasts from around the state be it college students, young professionals, families, children, and even grandparents. There is famous saying - a family that eats together, stays together. And our Food Trails is all about sharing a meal with strangers which makes it the easiest way to make friends.

The food is always shared in portions. For example - If you want to eat breakfast in three places, you will share that portion of salad and sandwich with each other. I still remember on one of the glorious Sunday Brunch Trails, we shared a Poi sandwich – filled with extra bacon. Each person took one ginormous bite of the drool-worthy sandwich and passed it down to each other. The oohs... ahhs... and mmms... from each fellow trail-blazer, about how the extra bacon made all the difference in



the flavour of the sandwich. This is communal eating at its best where 10 spoons dig into one bowl of Acai Berry Smoothie.

Food Trails allow you to experience the local cuisines along with exploring the place. You get the opportunity to meet the locals, discover secret eating places that are popular with them. Even if you have 24 hours

stay in Goa, you can enjoy a hearty meal starting from breakfast of Bhaji Pao, Mangalorean Bun and Chaha; moving to mid-morning bite of Poi Sandwiches, Chorizo Pao; then leading into lunch with Chicken Cafreal, Pork Vindaloo, Fish Curry, Rice; followed by deserts like Bebinca, Caramel Custard, Serradura, and early evening snack with Feni Cocktails, Cutlet Pao, Ross Omelette, etc. You can either curate your own food trail, with help of local friends or take suggestions from food influencers of Goa. You can also join pre-planned Food Trails, organised by various groups in Goa like the Blive Electric Bike, Soul Travelling Group. You can find many more such groups on Air BNB experiences.

Demystifying Food Facts of Goa

Food Trails also help demystify that Goa is only for the non-vegetarians or sea-food lovers. I had once curated a Food Walk for pure-vegetarians which included meals where Prawn Rissois swapped with Mushroom Cheese Rissois, and Bebinca and Caramel Custard (contain egg) swapped with eggless Serradura.

Food Trails also help demystify the myth that Goa is just a tourist destination. Many locals are intrigued by what goes on in the touristy by-lanes of Goa. Let's be honest, there are restaurants in Goa which have more foreigners than Indians. And while I have tasted there delicious cuisines, I always wonder why more locals don't visit these fabulous places for dining experience and the eclectic food? When we spoke to the restaurant owners and managers, many of them were surprised to know that we were actually local Goans. They confessed that they would love it if more locals came to experience the space.

There is also another myth that Goans are not experimental with their food. I would like to explain in another way, I think they are cautious. But, bolstered by numbers, if we go in a group, I am sure locals would enjoy the experience. Also, the best part of discovering your own state with a group of people is that we can together try-out many fancy unheard of dishes whilst each one getting to taste it. If we all like it, we can even order more servings of the dish. If you go alone to discover these 'foreigner friendly' cafes, you might end up ordering something you don't like, or get conscious and order something safe and boring.

Exploring the New and Unknown Cuisines

Food Trails allow you to step out of your comfort zone, by discovering new eateries, sampling new cuisines, and meeting new people. Through the Food Trails, I am happy to have experienced with other fellow foodie Goans the Fizzy Kombucha, Gluten-Free Almond Meal Cake, the wonders of north-eastern cuisine, Smoothie Bowls, Sizzling Tandoori Chai, and South East Asian Hotpots.

This monsoon, we decided to eat everything from a roadside Bhutta (corn on the cob), street-style Maggi, soup in one restaurant and sizzlers in another, Cheese Fondue, and Chocolate Fondue in another Chocolate



Lounge. That's how we celebrated the Goan monsoons with the theme being – Fire – and taste dishes cooked over open fire, steamed, sizzling, or molten. It does take a paradigm shift to imagine that we will not be eating starters to desserts in just one place, but keep moving from place to place, keeping the true ethos of the Food Trail.

With Food Trails, the adventure is not just the food but also the entire journey whether you do a Food Walk tour, a Ride around in Bikes, or do a carpool to your food destinations. It completely depends on what kind of food group you form. Infact, if you have the appetite, you can go on a solo food trail.

With so many online food portals, and online discussion sites where people discuss about the restaurants they visited or the kind of food they crave or rave about, joining a food trail is about taking the conversation offline, about celebrating food around a table, and not merely posting Instagram pictures.

Find your own reason to go on a food trail, and discover your state through a food adventure.

Reinventing the Traditional Cuisines of GOA

Infusing the contemporary with traditional, to create the classic Goan Recipe

By Sapna Girish Sardessai

Ajwain Fritters

Goan cuisine is quintessentially rooted in tradition and steeped in history. The authentic dishes have a touch of Portuguese, Hindu and Muslim influence, thanks to the rulers who were in Goa. Combinations of coconut, chillies, kokum and spices are used liberally to deliver tasty Goan classics.

Today, Goan kitchens showcase the traditional Goan flavours with a modern touch and chic plating – and give us a new perspective on what Goan food can be. There is tradition attached to every dish, no doubt, but what comes to the table has a distinct Goan flavour presented with a liberal dose of creativity.

The recipes shared in this article use every day, often locally grown vegetables and fruit. They are traditional in that sense but with a subtle difference in preparation styles and presentation, that instantly uplift the dish.



Ajwain leaves (Mexican Mint/Indian Borage) are locally referred to as 'Vhoddlo Vottelanv'. Fritters made from these leaves make for a delicious savoury to be relished at tea time or as a side for lunch. The leaves are essentially known for their medicinal properties.

Ingredients: 12 Ajwain leaves; 2 cups besan (gram flour); $\frac{1}{2}$ tsp. cumin powder; $\frac{1}{2}$ tsp. chilli powder; $\frac{1}{4}$ tsp. turmeric powder; pinch of soda bicarb; $\frac{1}{4}$ teaspoon sugar; salt to taste; oil for frying.

Method: In a mixing bowl, add besan, cumin, chilli and turmeric powders, salt, sugar and soda bicarb. Add water, just enough to make the batter into a coating consistency, not liquidy.

Wash the Ajwain leaves, drain and set aside.

Heat oil in a frying pan. Dip the leaves in the batter ensuring that they are perfectly coated and gently drop into the hot oil, one by one. Fry till evenly brown on both sides. Remove with slotted spoon and place on paper towels. Serve hot.

Sukem Khathkhatem

This is a dry or semi-dry preparation made of assorted vegetables that are in season and interestingly uses hogplums or bilimbi as a souring agent.

Ingredients: Cubed seasonal vegetables (pumpkin, ridge gourd, corn, radish, cucumber, sweet potato, breadfruit, raw banana, carrot); 4-5 hog plums (deskkinned) or bilimbi (chopped); 4 green chillies; 1.5 cups grated coconut; sugar to taste; 6 black peppercorns; 1 tbsp. mustard seeds; 2 tbsps. oil; salt to taste.

Method: Coarsely grind together the grated coconut with green chillies and peppercorns.

Heat oil in a large, heavy bottomed saucepan and add the mustard seeds. Once they begin to pop, add the cubed vegetables, hog plums and the ground coconut. Add the sugar and salt and combine. Add about 3 cups water. Allow to cook on low heat, placing water on the lid, till the vegetables soften. Adjust taste (this dish is essentially sweet, sour and spicy). Consistency could be semi dry to dry.



Dry Shrimp Sukem with Aubergine

Tiny shrimp, locally called 'Gaalmo' are cooked fresh or more often, dried and salted, either in a Kismur or in a Sukem. This recipe uses aubergine which enhances the taste of this preparation.

Ingredients: $\frac{1}{2}$ cup dried, salted shrimp; 2 medium-sized aubergines, chopped; 1 large onion, chopped; 1 tsp. chopped coriander leaves; 2 green chillies, slit lengthwise & halved; $2\frac{1}{2}$ tbsps. freshly grated coconut; $\frac{1}{2}$ tsp. coriander seeds; $\frac{1}{4}$ tsp black peppercorns; marble-sized ball of tamarind; $\frac{1}{4}$ tsp xacuti masala; $\frac{1}{2}$ tsp. chilli powder; $\frac{1}{4}$ tsp. turmeric powder; $\frac{1}{4}$ teaspoon sugar; salt to taste; 1 tbsp. oil.

Method: Clean, wash and drain the shrimp. Set aside.

Grind together the coriander seeds and peppercorns. Add the coconut and tamarind and coarsely dry grind further.

In a kadai, mix together the shrimp, onion, green chillies and aubergine. Add the ground coconut, the powders, sugar and salt to taste. Combine all these ingredients with the oil. Add very little water. Cover and allow to cook on low heat, placing some water on the lid.

Once the water on the lid evaporates, check the onion. It has to turn translucent. The consistency has to be dry. Garnish with coriander leaves, to serve.

Radish Leaf Kismur

Locally called 'Mulleachi Kismur', this a salad made from radish leaves which is healthy, nutritious and easy to prepare, and is a fresh variation from the usual preparation of this vegetable

Ingredients: 5-6 radish leaves, finely chopped; $\frac{1}{2}$ cup freshly grated coconut; 1 onion, finely chopped; 1 green chilli, finely chopped; $\frac{1}{2}$ tsp. lime juice; sugar & salt to taste; 1 tsp ghee.

Method: Heat ghee in a kadai and lightly sauté the onion. Add the radish leaves and sauté further. Add the green chilli and the grated coconut. Combine and immediately take off heat. Coconut needs to only be warmed, not cooked. Add the sugar, salt and lime juice. Combine.



Potato in Coconut-Ginger Gravy

When you speak of a Potato Bhaji in Goa, it is usually a dry preparation, with or without onion. This recipe makes for a potato gravy, infused with the distinct flavour of ginger that makes it so refreshingly different.

Ingredients: 3 medium-sized potatoes, boiled, de-skinned and cubed; 1 small tomato, cubed; one $\frac{1}{2}$ inch piece ginger; 1 tsp. chopped coriander leaves; 1 green chilli; 3 tbsps. freshly grated coconut; $\frac{1}{2}$ tsp. each of cumin & mustard seeds; $\frac{1}{4}$ tsp. coriander seeds; marble-sized ball of tamarind; $\frac{1}{2}$ tsp. chilli powder; $\frac{1}{4}$ tsp. turmeric powder; $\frac{1}{4}$ teaspoon sugar; salt to taste; 1 tbsp. ghee.

Method: Grind together grated coconut, piece of ginger, green chilli and turmeric powder with hot water, to a fine paste. Set aside with the grinding liquid.

Heat ghee in a kadai, add cumin and mustard seeds. Add asafoetida. Add chopped tomato and one sliced green chilli. Sauté. Add the potato. Sauté. Add salt and sugar to taste. Add the ground coconut. Combine. Adjust consistency with the grinding liquid. Allow it to come to a slow boil. Remove from heat.

Add chopped coriander leaves.



Steamed Jackfruit Cake

Dhonas, as it is known locally, is a jackfruit cake made in a ring-shaped traditional oven, heated on the stove on a bed of sand. This recipe is a steamed variation of the same and turns out just as delicious.

Ingredients: 1 cup broken wheat; 2 cups semolina; 4 cups blended jackfruit pulp; $1\frac{1}{2}$ cups jaggery; 1 cup grated coconut; 2 tbsps. chopped cashew nuts OR $\frac{1}{2}$ cup boiled peanuts; 1 turmeric leaf, chopped fine; $\frac{1}{2}$ sachet Eno fruit salt; 2 tbsps. Ghee; salt to taste.

Method: Roast the broken wheat in a kadai till it changes colour. Set aside. Roast 2 cups semolina. Set aside. Combine both in a pan and add the jackfruit pulp, jaggery, coconut, salt, chopped cashew nuts /peanuts and haldi leaves. Cook on low heat. Add the ghee. Keep stirring till the mixture is nice and thick. Remove from heat and set aside.

Place a ring in water in an idli cooker/steamer and allow it to boil, covered.

Add half sachet of Eno to the Dhonas mixture and combine. Transfer the contents into a greased cake tin. And steam in the idli cooker for approximately 40 mins. Remove. Allow to cool completely and upturn. You may brown it a bit in the microwave/oven, post-steaming, if you so prefer.



Turnip Raita

'Gaddyache Raite' is what you could call this dish colloquially. Turnip shells are often just discarded but in this innovative chutney, they taste so delicious, you will never discard them again. Some lessons are to be learnt!

Ingredients: 3/4 cup turnip shells; $\frac{1}{2}$ cup grated coconut; 1 tsp. each fenugreek & mustard seeds; 1 tsp. urad dal; 2 green chillies, slit lengthwise; 1 marble-sized ball of tamarind; 1 tbsp. jaggery; 2 cashew nuts; salt to taste; 1 tbsp. ghee.

Method: Roast the turnip shells, coconut, green chillies, cashew nuts, urad dal, fenugreek and mustard seeds, one by one, in ghee. Keep a couple of fleshy turnip shells aside and grind the rest to a smooth chutney with tamarind, salt, jaggery and a little water. Chop the turnip shells you had set aside and use as a garnish.



Adding **Zing** to your **Food**

Text and Pics: Pantaleao Fernandes



The Goan taste bud is fine tuned to appreciate the spectrum of the sour taste to such an extent that even the least deviation from the precise taste in the food immediately draws the remark, "Ek pont amotsaan uni or ek pont amotsaan subjeb (Just one bit less sour or just one bit extra sour)." That's because we are spoilt for choice by the number of souring agents that are available to the Goan kitchen, each adding that extra zing to the food.

And that was way before the arrival of packed masalas and taste makers and bottled pastes and flavours on the market shelves. Yes, the Goan mother had her own assortments of jars, packed with garnishing agents. More often than not, she had children numbering at least half a dozen and keeping them well fed and healthy was her passion and obsession.

My mother of six children was fortunate to have a little garden that aided her in cooking mouth watering delicacies to put on the dining table. Two very old bimblis grew, on either side of the house. These were short trees with numerous branches. The tree has compound leaves, with tiny leaflets growing on a long spine. Bimblis produces beautiful, tiny, pink flowers which have a tangy taste. When they turn into tiny fruits, they too taste terrific. The acidic taste that spreads in the mouth made me pause and savour the flavour. The berry then matured and grew up to the size of the middle finger. When ripened they tasted good too.

Since there were no bimblis trees in the neighbourhood, our bimblis were in hot demand. Though prawn curry is an all time favourite, garnishing it with the bimblis enhanced the taste by several notches and had one lick the fingers after finishing the meal. They were cut vertically into as many sections as feasible and tossed onto the prawn curry. I remember preferring the bimblis slices to the prawns and not a single grain of rice was left behind on the plate. Bimblis were also used to prepare a super pickle – *balchão* – which also used dried prawn powder as a major ingredient and the combination was simply terrific!

Sollantulem is a very local pork delicacy named after *Bindachim sollam* (kokum peels) that are a zingy seasoning used to render a specific sourness. Not found on most hotel menus, *Sollantulem* is a well-guarded secret preparation found occasionally on the Goan dining table.

Red kokum berries dot kokum trees found in hilly areas as well as plains. The kokum berries are plucked and peeled. The seeds are dried and the oil extracted – *bindel* – is also used for a variety of purposes. The peels are processed and dried before being sold in the markets, in demand for the unique flavour it lends to mackerel and sardine curries besides the uniquely Goan *amot-tik* (sour & spicy) curry. The *sol-kody*, an exotic digestive drink served after a meal is also prepared using the juice of the kokum berry. Unfortunately, the once commonly found kokum trees are now a rarity as not many farmers grow this tree.

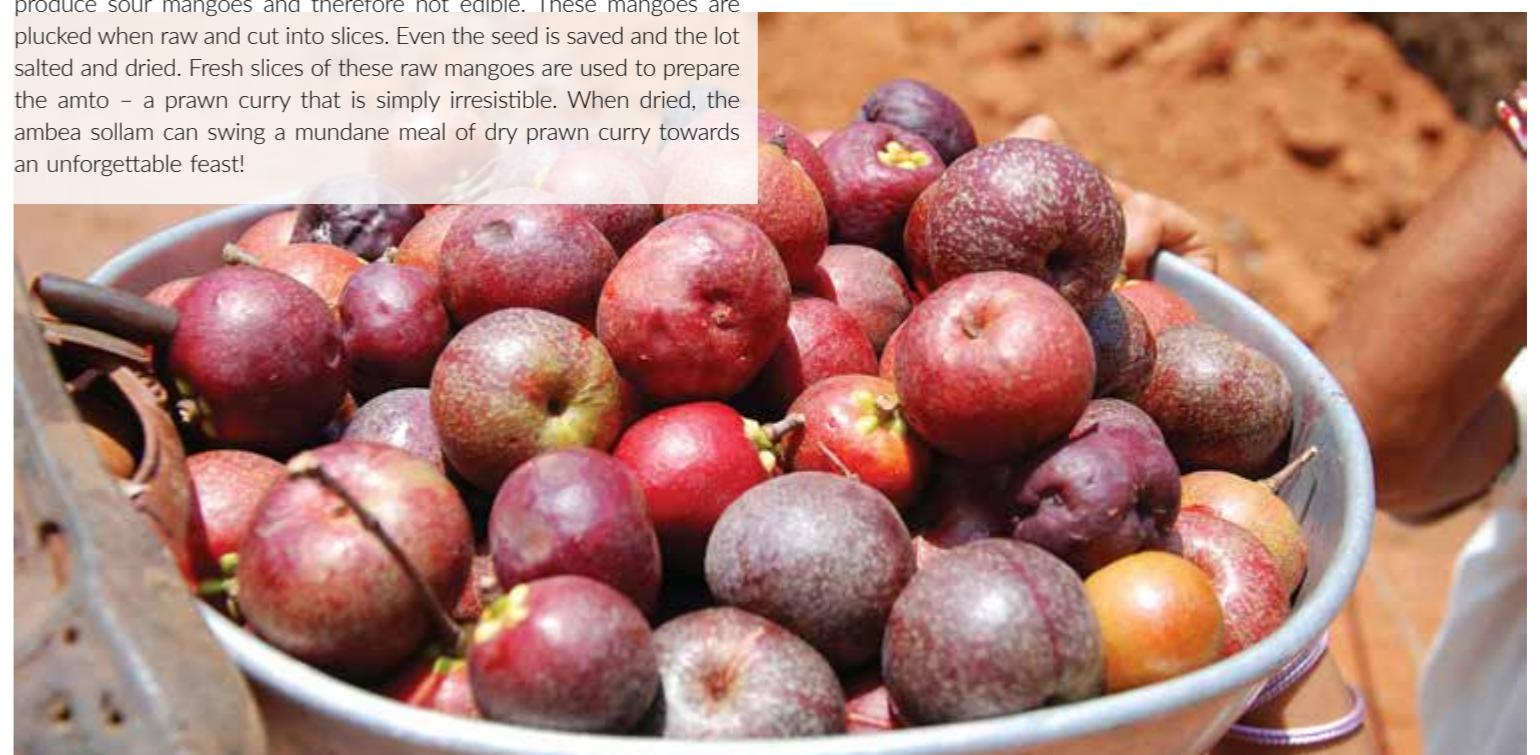
Tamarind is the most commonly used souring agent in Goa. Tamarind trees which grow tall and thick and outlast the life span of a human being, once thrived all over Goa. Till today one comes across wards and hamlets that are named after the tamarind tree, but unfortunately the trees are on a decline with hardly anybody planting one.

In the blazing summer if one walks in the shade of a *chinch* - tamarind tree - one is sure to find *chinché botam* – tamarind pods lying on the ground. The pods actually resemble fingers and hence the name. Whether raw or ripe, these are quickly picked and nibbled – the temptation is irresistible. If raw they taste very tangy. If ripe the taste is sweet and sour. The seed can be roasted and crunched.

The pods are shaken off the tree with a large pole and collected and dried. The hard shell is then flaked off along with the seed and other fibrous matter. The resultant tamarind is then dried and salted and made into balls to be stored for future uses as it lasts the whole year.

Another souring fruit which is popular among the forest dwellers is the otamb. These trees grow abundantly in the forests. The locals simply pluck the fruit when raw and after slicing and drying store it to flavour their food.

Most of us remember the golden mango for the sweet taste that makes the hot summer season bearable. But then there are many trees that produce sour mangoes and therefore not edible. These mangoes are plucked when raw and cut into slices. Even the seed is saved and the lot salted and dried. Fresh slices of these raw mangoes are used to prepare the *amto* – a prawn curry that is simply irresistible. When dried, the *ambea sollam* can swing a mundane meal of dry prawn curry towards an unforgettable feast!



Trends in Bakery Business

Text & Images by Pallavi Salgaoncar



The baking industry, generally consists of three segments: Retail, Wholesale, and Food Service.

A retail bakery is a low to medium volume facility, where in a variety of freshly baked goods are produced and sold to consumers from the same location or multi store locations in a certain geographical area generally without any preservatives.

The wholesale baking industry sector consists of production of bakery products like cakes, cookies & breads on a large scale generally with the addition of preservatives.

Baked goods in the food service sector are those served in restaurants and cafeterias, and they are generally sourced from a wholesale bakery and rarely made in house.

Another segment in the baking industry is called the White labelling. In this segment, goods produced by another bakery is rebranded by supermarkets & grocery stores as their own brand.

The basic trends in Bakery is innovation related to Health, Taste and Convenience.



HEALTH

Actually, Health trend is one of the essential drivers of innovation in the bakery industry. In the last few years, people especially in urban areas are finding alternatives to Maida or refined flours. The preference has increased for cakes, cookies & breads made of whole wheat and other alternate healthy flours like Nachni (Ragi), bran, oats, nut based flours etc. Consumers are opting out sugar and have started using sugar substitutes like jaggery, honey, dates etc. Earlier only people with diabetes used sugar-free products like artificial sweeteners. But now there is a sizeable proportion of health and diet conscious people who are cutting out sugar and bad fats from their diet completely. People have also started reading labels & scrutinising the fat, sugar & salt content, and also the use of preservatives. A lot of health conscious people are moving away from preservatives, additives and artificial colours in food and prefer freshly baked items. Also there is an increasing demand for gluten free & vegan products now, a trend which is mirrored from the west. During a trip to Los Angeles California, 2 years back, I saw a separate vegan section at the breakfast buffet. I realised how much the vegan concept is prevalent in the west and the hitherto unheard concept is now picking up in the top metros of India too. People are specifically asking for gluten free and previously unheard of vegan cakes & cookies. In essence, many bakeries have started overhauling their recipes to keep the health factor intact. They have started using healthier substitute of refined oil with coconut or olive oil, replace a proportion of oil with yogurt, use soy milk, skimmed or low fat milk instead of full fat milk, replace eggs with egg whites and reducing the quantity of fat and sugar generally in baked items. A new trend in the market that has been witnessed nowadays is of the granola bar, protein bars etc. which are made of dried fruits along with seeds and super foods like chia seeds, flax seeds, husk etc. Another way to cut down on calories is the smaller size of servings offered for sale. Petit desserts or mini pastries, tiny cakes or tartlets are now sold across all counters and also in starred hotel buffets. With the healthy food revolution going on, breads in the savoury menus are made of multigrain like millets, jowar, and bajra; and also in pizzas, sandwiches, muffins and wraps. Consumers ask for healthy products that also taste good. There is a desire to have add-ons of fresh vegetables in savoury dishes, and inclusion of fruits in desserts. The new keywords in bakery now are Organic, Healthy and Gluten Free.

TASTE

To achieve the right Taste or flavour, there are three clear routes for products - novelty or something new and different, new desi desserts with a twist, and indulgent and premium. Generally school kids form the majority in this group, as taste becomes the primary factor over others. Chocolate remains a hot favourite and a best seller in this segment. Tasty can be healthy too, so chefs need to innovate and curate products carefully and handpick their ingredients wisely. Indo-western desserts are also hugely popular like Rasgulla and Rasmalai cakes, Gulab Jamun, Cupcakes etc.

CONVENIENCE

Convenience largely varies with changes in the social habits, increased working hours for women and changing household income structures. Working women have no time to cook or prepare time-consuming dishes, and prefer to shop at their closest bakeries or supermarkets. Here also with increasing awareness, consumers are reading labels before making their buy decision.

This year, many new and interesting trends have been seen, like 3D wedding cakes and made-to-order designer cakes, which are customised

as per the customer's preferences. The internet has made new ideas and trends accessible from across the globe. The smartphone and savvy customers know exactly what they want to celebrate their special day. Also worth noticing is the recent splurge in demand for eggless cakes across all markets throughout the year.

Gifting is also a market with huge potential where once people preferred to gift only chocolates, they now scout for innovative sweet options like macrons, designer cupcakes, cake-pops, cakesicles, dessert jars, fusion desserts and customised cookies. Festival like Diwali, Chaturthi, Christmas, Easter and special day gifting during friendship day, mother's day, father's etc. - day have huge demand in the market.



ADVANTAGES OF PROMOTION ON SOCIAL MEDIA

People nowadays spend most of their time on social media whether be it Facebook, Instagram, WhatsApp, twitter, YouTube, Tik-Tok etc. Therefore, it is important to have a robust social media strategy for your bakery promotion, however big or small it may be. At least in India, when it comes to food, people rely heavily on word of mouth and recommendations from their friends. So a good or bad post will really make it or break it. Social media platforms allow uses hashtags which helps in tagging food places and spreading the word wider on the internet. It is also important that your bakery is pinned on google maps to increase location awareness and visibility. Pictures speak a thousand words, so appealing food photography is a crucial factor in attracting customers. Also regular updates on social media and engaging with the audience helps you connect to your customers.

Bakery is a field where you need to constantly innovate and reinvent your products to stay relevant in the business. Hence it is essential to keep with the trends and continue making new baked products for increased traction.

Anyone for **Coffee** and a Canvas?

Samira Sheth drops by a bunch of cafés that have developed their flair for serving paninis and paintings down to a fine art



Good food and art are on the menu at the colourful MOG Art Café..A chilli sculpture by senior artist and MOG founder Subodh Kerkar adds to the ambience.

Café Bodega at Sunaparanta, Goa Centre for the Arts, Altinho

This sweet spot run by New York returned Goan Chef Vandana Naik has possibly done more to whet appetites for art than most. Prettily set in the courtyard of a gorgeous old house transformed into a non-profit art centre, Bodega draws in an eclectic crowd. While the artistically inclined will of course love to meander through the art filled rooms of this sprawling space, even those intimidated by culture are bound to have their interest awakened by the roster of art talks, workshops, exhibitions, events, book launches, movie screenings and more at the welcoming centre. At Bodega, flavourful Kombuchas, gluten-free breads and healthy salads sit alongside a heartier menu of artfully plated sandwiches, pastas and exotic dishes from around the world. The must tries though are the array of superb cakes and sweet treats specially the luscious Red Velvet cupcakes. And it's true, many a Still Life can look better over a strawberry smoothie and a couple of Turkish poached eggs with shrimps!

An array of interesting coffees, quiches and other small bites tempts art lovers to drop by more often



Artjuna Garden Café & Lifestyle Shop- Anjuna & Mojigao - Assagao

It is rare to find one space that manages to be relaxing and stimulating at the same time, let alone two! Yet Artjuna and Mojigao manage to accomplish both moods. Both cafés offer a lovely garden ambience to while away an afternoon and take in the sun. They both also offer many opportunities to encourage a creative community with a host of interesting art workshops for kids and adults as well as rotating art exhibitions on makeshift walls. Yoga and music can be explored while lots of pop-up exhibitions keep visitors interested and coming back for more. A kid's playground allows adults to indulge in some leisurely shopping at Artjuna's in-house store that have a range of unique handmade leather bags and jewelry. If you are visiting either of the places, must try their exquisite food menu which include the delicious Mezze platter and an amazing range of fresh fruit and vegetable juices.



Both Artjuna and Mojigao manage to be both serene and stimulating at the same time





Carpe Diem Café, Majorda

With recurring art and cultural activities for all ages, the Carpe Diem Art & Learning Centre has come a long way towards increasing interest and exposure to the arts. Housed in an ancestral heritage home, Carpe Diem is an artistic blend of an art gallery, a fun store, café and a learning centre with a regular program of art exhibitions, art and ceramic classes, performances and more. The menu at the cute little Café too is designed to keep a range of audiences happy. Enjoy the art along with fruit topped waffles or generously lush chocolate brownies as well as an eclectic menu with both Goan and global flavours.

A cosy hidden gem allows you to sit back in the midst of an arty milieu and absorb the creative atmosphere. Attend a show or two by some of Goa's top artists whilst digging into the some scrumptious food from the menu (a must try) like the Wild Wild West Chicken Wings and the Beefy Guy burger.



Café at Gallery Gitanjali, Fontainhas

This is not your typical art gallery or café. Instead, you will find an exhibition space replete with history sprawled across three heritage hotels – the Gitanjali in Panjim Inn, crossing over to the Panjim People's to the Panjim Pousada. Be charmed by the gallery's location in the midst of picturesque Fontainhas, Goa's Latin Quarter while you take in a permanent display of artworks from local artists and a slew of changing shows as well as a light coffee or a hearty authentic Goan meal. Must tries here include the delicious ubiquitous Goan Fish Curry Rice and Butter Garlic Prawns.



Visual delight abounds at The Cube with a dynamic roster of exhibits to view. Above, a stunning installation by artist Katharina Kakar as part of the exhibition, *She* engaged a large number of viewers

Café Chaaye Khaana at The Cube, Moira

Sip on a range of exotic teas from around the world at this wonderful specialty tea cafe situated inside The Cube gallery in Moira while you sit back and wonder which part of the world you are sitting in! This design-led space built by architect-artist-gallerist Satinder 'Sonny' Singh offers a new experience every time you drop by. Quietly tucked away in the interiors of a lush village, the dynamic space is continually reinventing itself with an exciting line up of cutting edge shows across diverse media by international artists and designers at the forefront of the contemporary scene.

There is an in house residency space for visiting artists and a store that carries an interesting selection of products including a great line of ceramic jewelry!

Must tries here apart from the teas are the lovely croissants and pastries sourced from the local village bakery.



MOG Art Café at the Museum of Goa (MOG), Pilerne Industrial Estate

It is a delightful surprise to find this café with its home style food inside the vast Pilerne Industrial Estate. The Museum of Goa has established a reputation as a space that keeps one stimulated and engaged. It is on the unusual path of showcasing the many historic anecdotes of Goa through contemporary art. The Museum combines a program of curated art shows and a permanent exhibit of noted artist Chandrakant Kerkar's works with documentary screenings, performances, lectures, art tours, residencies, retreats, workshops and more. MOG's huge interiors encourage the creation of stunning large format works and installations that make for wonderful photo ops. The outdoor Café semi-open allows you to linger and fully enjoy this unique ambience. Must tries here are the wholesome aloo parathas and the crispy bhajias with garam chai.



Enjoy yourself at this guilt free earth friendly café where everything on the menu is delicious

The Project Café, Assagao

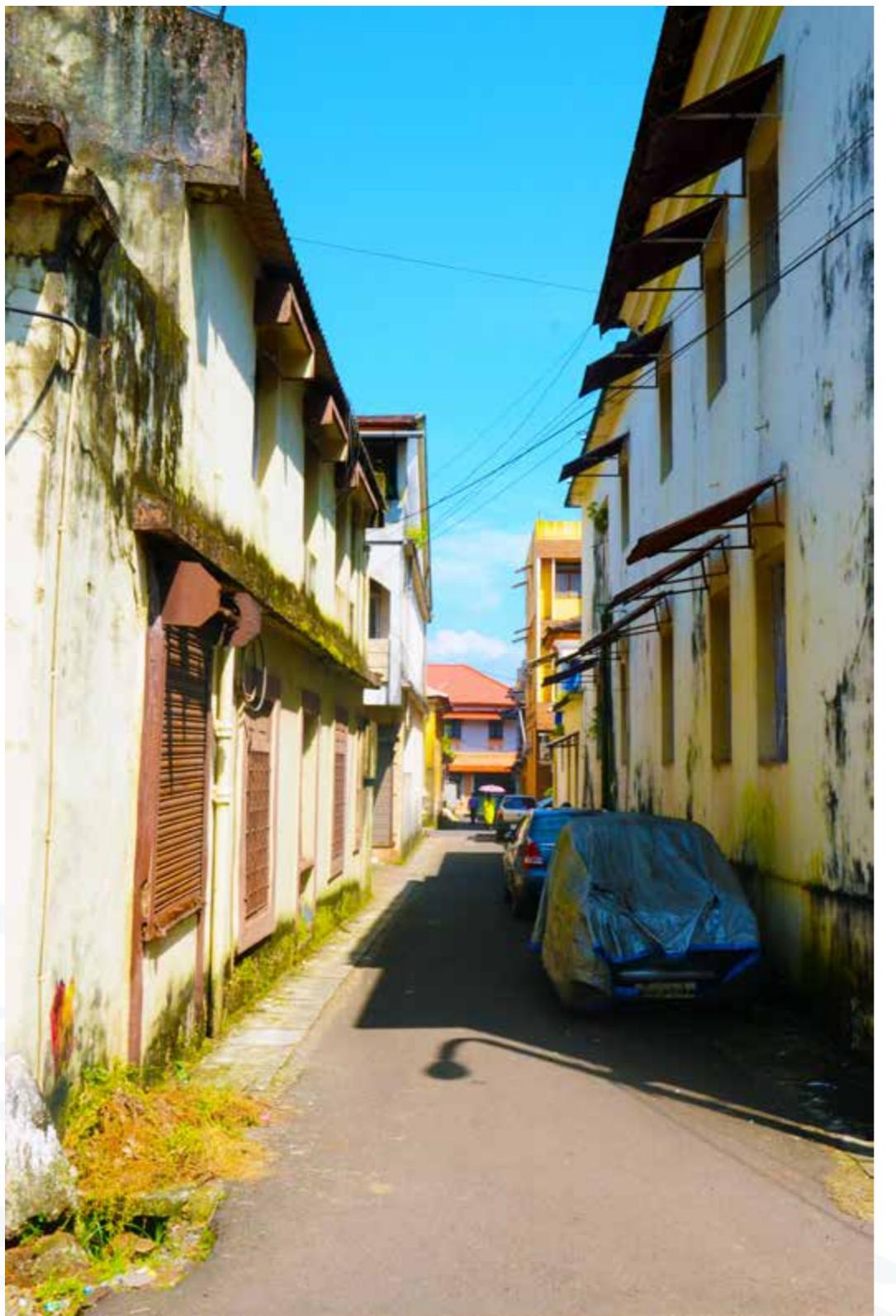
There are so many ways to enjoy this gracious heritage property that it's hard to list just one. Over 130 years old, the property has been lovingly restored into a six room boutique hotel where everything you sit on, eat with and enjoy is for sale, including the furniture, the cutlery and the wallpaper! A retail store, well shaded pool and interesting curated art shows give visitors lots of reasons to drop by. An indoor restaurant, the lovely outdoor Bismarckia designed by Aradhana Seth and gourmet coffees from Blue Tokai are irresistible draws. TPC Goa has firmly established itself as a must visit for those looking for somewhere elegant and hip.



Created by diverse designers and curators TPC draws in an eclectic crowd

Saraya Art Café, Sangolda

You can volunteer, stay, take a permaculture course, enjoy the wall murals and art exhibits or just sit back and savour the delicious pizzas at this charming Café. Saraya means 'to begin, to flow' in Sanskrit and this eco stay lays great emphasis on creating harmony within and without so creativity can flourish. The Café offers a wonderful plant based menu and apart from the superb pizzas, only available in the evenings, pretty much everything on offer is healthy and delicious. A host of visiting artists keep the space refreshed and there is always something interesting going on in this quirky space.



Capturing a New Face of **GOA**

Text and Pics: Armando



Another tourism season is seeing the possibility of hitting rock bottom, with the collapse of Thomas Cook. While this might sound catastrophic to many in the tourism industry, this is an opportunity of doing something completely different, and blazing new trails. Goa has long been an excellent place for food right from the time of our ancestors. But lately, with the massive influx of different food influences from across the world, it has given us the chance to position Goa as the Food Capital of the East. We have always been a great country for trade calling us as the "Rome of the East". Our very ability to touch the right nerve when it comes to food makes it easy for a state like Goa a hotspot for food. With this agenda on hand, we can garner top-quality tourism arrivals from across the world.

For a long time now, Goa has flattered to deceive when it comes to

attracting the world's best into our beautiful land. Lack of leadership at the political level has been the bane, and the absolute lack of vision in the tourism sector has brought the industry to its knees. Calangute once known as the Queen of Beaches, can safely be called an ugly peasant woman, not to insult the beauty of a peasant girl in any case. But unfortunately, the beauty of our land has taken a beating, and we need to pull up our socks fast, or else we'll be in the danger of losing everything.

Since the industry seems to be in a state of a free fall, something will have to be done to arrest the disaster, and where else than Panjim, to try and make up for this mess? There has to be a paradigm shift in thinking if we are to succeed in this. Beautiful locations such as the Fontainhas Latin Quarter, the heritage lanes of Campal, the beautiful

Mandovi Waterfront and the commercial lanes of 18th June Road are all great places for welcoming a Food Revolution that everyone would celebrate with pomp and gaiety. In any case, there are myriad of food styles from across the world that dominates the food offerings in this state. Why don't we brand all that and target discerning audiences from around the globe to come and enjoy a wide range of global cuisines?

Goa has always been known through history, as a great place for art, culture, food, heritage, music and the other subtler things in life. Sadly, all these things are getting spoiled, and this can be seen in the form of casinos, low cost tourism, dirtied beaches and loud music. And has this really helped the Goan cause? Certainly not!!! Each passing year, news headlines are filled with stories of how things are going from back to worse, and how there is an urgent need to lift this whole story from the quagmire of failed promises and badly outlined plans.

While bringing in food majors from across the world, it will surely add to the galore. This will also be an opportunity to bring in the game changers of Goa into the spotlight - like the young Goan women who have made a mark for themselves, bakers who can lift their game into creating world-class products like the traditional breads, cakes and pastries and of course, the well-known Chefs such as Chef Avinash Martins, Food designer Prahlad Sukhtankar and the likes. A renowned Institute of Hotel Management, with deep roots here, can be included to work towards making this dream come true. Food is always an attraction anywhere in the world when it comes to tourism. Places such as Porto and Lisbon in Portugal, have proved beyond doubt, that they can be main attractions along with the other things just as Goa is known for music, art and culture.

World-famous streets such as Oxford Street in Central London are narrower than even the 18th June Road but are managed well. Why do we need large parking areas? We need broader footpaths so that people can be accommodated for various activities such as street plays, magic shows, musical events, food and drink and the like. When people gather together for these activities, they will eventually spend money while enjoying the beauty and the heritage of a beautiful city like Panjim.

In all this, Governmental support is vital. It is important that local culture, art and music accompany this process. But even more important than this, is the political will that is needed to support genuine entrepreneurs who via tax holidays, freeing of Government assets such as the Mandovi water front or the streets of 18th June Road, a more balanced approach where the local Goan Chefs and Cooks are supported, especially when you consider that so many of our boys & girls in this trade are powering restaurants and kitchens across the world in cruise liners as well as top eating houses across the globe.

We need a paradigm shift in thought, are we ready to bite the bullet at least now, when tourism arrivals are destined to crash due to various reasons? Are we prepared to bring in completely new air into Panjim and convert it into a smart city that offers world-class facilities to the discerning traveller? Only time will tell, but yes, it is up to each and everyone of us, to make this happen.



NOTE: the pictures in this article are depicting the beautiful lanes which can be used as Open-Air Food Street.



The cyber-aroma of Goan food

By Frederick Noronha

Goan food can be luring. But unless you're based here, it can also be far away and difficult to access. So, the next best thing is to find out more about this enchanting cuisine via cyberspace. You can get info about it, tips on how the tastes are crafted, or even hints of what to expect if you're only visiting Goa.

Below are five tips on how to find your way around Goan cuisine on the Internet.

1 Nothing like an informative Facebook group. Let me warn you: Goan food can be super popular. For a tiny, district-sized state, you might be surprised by the large size of some Facebook groups focussing on this theme.

Traditional Goan Foodies is a 165k-strong group. The team leading this page comprises Karen Coutinho Ahmed who works for The Toronto Star, Erica Valles, David D'Souza in Toronto and Leanne Mascarenhas. This spot in cyberspace is meant to be "a place to learn and share our knowledge about traditional Goan food". Also "fusion is welcomed by us as long as it stays close to the original recipe or method". The site acknowledges that some recipes might not be "typically Goan", but have over time "become very much part of our Goan food". Advertising is not appreciated here. Check out their crowd-sourced list of recommended restaurants, even if a few spots seem misplaced.

<https://www.facebook.com/groups/traditionalgoanfoodies/>



2 There are other Facebook groups, where the approach of crowd-sourcing information and experiences is used. Since the members of these groups tend to take their food seriously, and are passionate about the same, there's quite a wealth of tips here. Even casually browsing can help you to get new ideas or old information, or both.

Some such groups include Goan Foodomania, another large group run by Ashwini Kamat Tendulkar, Natasha Desai Lawande, Brijesh Naik and Prasad V Raicar.



Lobo says it's not tough creating your own bread ("you have to be careful with the yeast") and currently runs classes thrice a month out of Dona Paula, close to Panjim. She offers eight varieties of bread. "Everything is locally available, and it's so cost-effective as well," she said in one media interview here. In February 2019, Lobo said she had 450 students, which then went up to over 800 a little over half a year later.

Lobo also makes chilli chocolates, making use of some of the spiciest chillies in the world. On tasting, you don't get just a hint of chilli, but the full force. She does liqueur chocolates as well.

<https://www.youtube.com/watch?v=rAny2SAfVI>

4 Goan food does travel too. There's no reason why knowledge about food from Goa has to come from this tiny region itself. Its culinary ambassadors have, by now, spread out far and wide.

Take the page *Celebration In My Kitchen*, for instance. It is the creation of Jessie, who says she developed her "passion for cooking at age 13, influenced by my mother who was a brilliant and an amazing cook".

She grew up in Mumbai, "in apartments populated by people from Goa, I was exposed to Goan food everyday". Her mother too cooked "what she knew best and that was Goan food".

Moving across time, Jessie has been in Canada for the past two decades,

Konkani Food and Beverages was meanwhile created some six years ago. Sometimes, the term 'Konkani' goes beyond Goa alone, and extends to other parts of the Konkan.

The Goan Food Selling Page is intended for those "who cook and bake [Goan food] at home and don't have a platform to sell". Only food items welcome here -- whether cooked, baked, fruit or veggies.

3 There are other links which might surprise you too. The world of Goan bread was in the news, when a young mum decided to venture into this field. Not only did Alison Jane Lobo decide to bake her own bread ("the family ate a lot of rocks for a time, and then it became softer and softer") but she decided to teach the skill to others.

Goa has a centuries-old tradition of making bread (so much so, that Goans are half-deprecatingly called 'pao-walas' in nearby Mumbai, a city 600 kms away to which Goans migrated in large numbers at one time). But locals are proud of their bread; there in fact were fears that the bread-making skills were getting lost with time.



and that's from where she now promotes her Goan food worldwide. She sees Goan food as "influenced by the Portuguese... a perfect blend of spice, sweet and sour".

Her pages have a range of imaginatively-named recipes. In the pickles section itself, these include kingfish or mussel molho (a sweet-tangy-spicy fish pickle), prawn or pork balchao (a spicy and tangy tomato-chili sauce), miskut or mango pickle, para or dry fish pickle, Goan brinjal (eggplant) pickle, carrot pickle, bitter gourd pickle, lime pickle, dry Bombay duck pickle, lime chutney, mango water pickle, mango chutney, stuffed mango pickle, sweet and sour mango pickle, and even mackerel pickle! Each is quite different from the other.

Other sections that the recipes come in include appetizers and snacks, breakfast, beef, Goan bread, festive sweets, egg dishes, mutton dishes, pork dishes, poultry dishes, rice dishes, sauces-chutneys-preserves, seafood dishes, Goan sweets, veg dishes, powders and masalas, and more.

<https://www.celebrationinmykitchen.com/>

5 You could also get an introduction to Goa's "street-food" via some online links. Nalini Souza, a talented Goan who grew up in Portugal and has done a lot of Goa-related videos for audiences around Lisbon and the Luso-world, has this listing of her "top five" street food outlets of Goa. <https://www.youtube.com/watch?v=rMSCngJouyl>

What caravels which took the spices across the globe were to the



sixteenth century, the information flow in cyberspace is in today's world. Make the most of it to find out even yet more about Goan food....

Frederick Noronha can be contacted via 9822122436 or fredericknoronha2@gmail.com

The Goan Food Dictionary

When in Goa, eat as the Goans do! Visitors to Goa often have a challenging time ordering the right stuff off the Goan menu, there is so much choice and you just can't figure what is what. If your menu makes no sense to you and you are dying to try the famed Goan cuisine then this should help. Below is a list of items you are most likely to encounter on your menu card, now you're equipped to impress everyone with your knowledge of Goan culinary delights.

Compiled by Amina M Azad

A

Alebele: Pancakes stuffed with greed fresh coconut

Ambot Tik: A sour curry dish made with meat or fish and flavored with tamarind

Apa de camarao: Prawn pie with a crisp rice flour crust

Arroz doce: A Portuguese derivative of kheer (sweetened rice)



Caldeirada: A mild curry of fish or prawns layered in a vegetable stew

Caldinha: A meat or vegetable dish cooked in spices and coconut milk

Canja de galinha: A type of chicken broth served with rice and chicken, and is originally a Goan recipe.

Chamuça: A Goan derivative of the samosa

Chanyacho ros: Dried peas prepared with Dry-roasted coconut and whole spices

Caril de caranguejos: Crab curry

Chourico: Spicy pork sausages, dried and smoked then cooked in hot sauce

Cocada: A traditional Christmas treat made out of coconut, jaggery and rulao (rawa)

Coconut ice: A toffee made of scrapped coconut milk and sugar reduced gradually over a flame



Croquettes: Beef cutlets and beef potato chops that are common snacks

Cordeal: Almond toffee

Coscoroës: Sweet and crunchy fried dough Christmas sweet



Coyloyo: Although made in different variations they are essentially 'griddle cakes' made out of rice flour

B

Bacalhau: Portuguese salt cord with a dressing of olive oil and other boiled accompaniments



Balchao: Fish or prawns cooked in a rich, spicy tomato sauce; balchao de peixe is made with fish, balchao de porco is made with pork

Batega: Coconut Cake

Bebinca: A richly layered, pancake like Goan dessert made from egg yolk and coconut

Bibo upkari: Cashews cooked with spices

Bolinhas: Small, round and syrupy rice-flour cakes



C

Cabidela: A rich pork dish

Cafreal: Method of preparation in which the meat, usually chicken, is marinated in a sauce, comprising of chilies, garlic and ginger and then deep fried

D

Doce: A sweet made with chickpeas and coconut

Dodol: Traditional Christmas sweet made with rice flour, coconut milk, jaggery and cashew nuts

E

Empadinhas: small pies with spicy pork filling

F

Feni: Goa's most famous drink, feni is liquor distilled from coconut toddy or the juice of cashew apples

Feijoada: A stew brought by the Portuguese



Fish curry rice: Goa's staple dish, a simple mixture of fish or prawns in a mild to hot curry and served with steamed rice

Fish Suke or Dhabdhabit: Dry spicy preparation of fish, eaten as a side dish



Fish Udid Methi or Uddamethi: Type of curry consisting of fenugreek and mackerel. A vegetarian version of this dish is also prepared using hog plums (or anything sour and tangy such as pieces of raw mango) and fenugreek

Fofos: Fish rolls, spiced and fried in bread crumbs

Kalputi: It is a dish prepared normally from the head of a large fish, onions and coconut



Kismur: A type of side dish normally consisting of dried fish (mostly mackerel or shrimp), onions and coconut

N

Neuros: Half-moon-shaped stuffed pastries

O

Odde: A Goan type poori traditionally made with toddy

P

Patoleo or Patoli – A dish of turmeric leaves stuffed with rice, dal, jaggery, and coconut



Perada: Guava jam
Para: Preserve made of dry Mackarel, condiments and vinegar

M

Mackarel Racheado: Mackarel fish stuffed with a red hot chili masala which includes, red chili, spices, ginger, garlic, ground with malt vinegar called Racheado



Mangada: Mango jam

Mergolho: A vegetable dish made with coconut, cashews and raisins

Molho: A preserve made out of authentic Goan spices usually made with prawns or other seafood

Pinaca: a traditional Goan sweet made of rice flour, coconut and jaggery

Seradura: A creamy Goan dessert topped with biscuit crumbs to mimic the appearance of Serradura (saw dust)

Solachi kadi: A spicy coconut and kokum curry

Sorpotele: Pork liver, heart or kidney cooked in a thick, slightly sour, spicy sauce and flavored with Feni

R

Racheado: A reddish paste of spices ground together and used to flavour curries



T

Tondak: A preparation of beans and cashews

U

Uned: Small, round, crusty rolls

Upid: Similar to dosa

V

Vindaloo: A very hot curry, usually using pork, spiced with chilies, vinegar and garlic

X

Xacuti: The method of cooking, where a very hot sauce of spices and coconut milk is used to marinate meat (usually chicken) until quite dry

Xec Xec: A fragrant curry that seamlessly blends the rich spices and coconut flavours of Goan cuisine

S

Sanna: Steamed rolls or cakes made with rice flour, ground coconut, and toddy

M



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M



PLANET GOA FOODGUIDE

Goa's Premium Eateries

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Frederick Noronha is an independent journalist and alternative publisher of books. He has been active in cyberspace for over the past two decades, and his private collection includes over a thousand titles of Goa-related books.

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Pantaleão Fernandes

Pantaleão Fernandes is a Goa-based writer, photographer and Ethnographer. Very passionate about Goa and her vibrant culture, he spends most of his time exploring villages in the deep hinterlands, to experience first-hand the warm spirit and culture of the villagers and document these experiences. These excursions brought about his earlier books, "100 Goan Experiences", "Goa Remembered" and a children's book "Once Upon a Time in Goa". His latest ethnographic book, "Traditional Occupations of Goa" is a rich documentation of the ancient crafts of Goa — a significant part of her intangible culture and heritage.



Sapna Girish Sardessai

Sapna is the founder-proprietor of Printer's Devil, a publishing, designing and advertising house. She has translated late Padma Mahale's book *Ishtann* into English, a bestseller on way to a seventh edition. Other popular cookbooks published by her include *Potpuja*, *Desserts First*, *FoodStop*, *The Goa Travel Adventure Cookbook* and *Aaswad*. Having spent years in the creative space of journalism, managing her food blog www.hungryhog.in and often giving food bytes for various media, Sapna is as fond of words as she is of food.



Samira Sheth

An avid art collector herself, Samira Sheth offers art consultancy, collection management, curatorial advice and exhibition management through her independent outfit, work of Art. Samira specializes in providing in-depth knowledge of the art world and guiding clients to build and maintain contemporary Indian art collections. She works with an international network of artists, critics, galleries and auction houses to source works of the highest quality. Samira lives and works in Goa and can be reached on samirasheth5@gmail.com



Dr Kuheli Bhattacharya

An eye surgeon by morning, and a food writer/blogger/short story writer by night, she transitions between the roles effortlessly. Having lived in half a dozen Indian states, she calls Panjim her 'city of joy'. Her short stories have been published in three national anthologies, most notably in the Write India stories anthology, the biggest story writing competition in India. Winner of the travel culinary blog award at FBAl and top 5 finalist of food bloggers of India at WIN awards, restaurant review column 'goa on my plate', and a freelance writer in leading magazines of India, she has a plateful of accomplished food writing.



Anuja Mavinkurve

Anuja Mavinkurve is a wordsmith and obsessive lens-woman. She has more than 10 years of experience having worked with leading News Channels such as Zee News, Times Now, Bloomberg TV and CNBC TV 18. She shifted focus to travel in 2011. Since then, she worked with India Today Travel Plus as a freelance writer, and travel start-ups like lifeisoutside.com and [HolidayIQ](http://HolidayIQ.com). She started her career with Times of India. She is currently a freelance writer with Planet Goa magazine, Timeline Goa and a digital Travel Company. She was bitten by the travel bug since her 6th grade, when she wrote a travel guide on her trip to Nepal. She is a MA in English Literature from Mumbai University and a PGD in Journalism and Mass Communications.



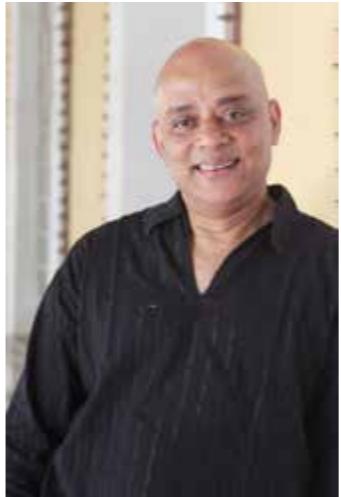
Shobhika Jaju

Shobhika Jaju is a psychologist & founder of Silver Linings: Guidance, who discovered her love for writing thanks to Planet Goa. A proponent for prioritizing healthy mental state, when Shobhika is not at her clinic helping people deal with life's challenges, she is busy writing, travelling, watching movies (and now web series) & relishing the good food on offer all around the state.



Amina M Azad

A wanderer and wordsmith, Amina is foodie who wears her heart on her palate. Exploring the food and cultural landscape of Goa and beyond Amina likes to take on the adventure of life with her two kids in tow. A military wife and social media freak, she is active on all platforms and always ready for selfie anytime anywhere. A freelance communications consultant, Amina works with leading hospitality brands, media houses, content management companies etc., and assists them in building their online presence as well as offers corporate communication services to her clients. Life is never dull around Amina's household in Karwar as she works from the most challenging and conflict torn locations in the country - her study cum office at home with two kids and two cats always trying to kill each other. Amina can be reached at aminamahfooz@gmail.com.



Armando Gonsalves

Armando Gonsalves is a well-known personality in Goa, with varied interests in music, art, culture, food, heritage and the other subtler things of life. He is also an accomplished pianist, a well known writer, an organizer of some of the most exciting jazz events this side of the planet, a mentor, speaker, investor and a lot more. He is the Founder Chairman of the well-known GoaForGiving Trust which does many things that make Goa proud. Whether it is propagating "Goenkarponn" which means Goanness in the local Goan language Konkani, or fighting for the status of the Coconut Tree which was relegated to the status of grass so that cutting it would be easier for the real estate & other business lobbies, or organizing seminars and discussions which have "Goa" at their core, Armando has always been in the forefront of driving in the positive change that everyone likes to see.

Sixth Edition

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